

Nexus Youth Centre
301 Burnhamthorp Road West Mississauga ON



nexus
YOUTH SERVICES

nexusyouth.ca
905-566-1883

For You. With You.

Monday 6-8 PM

Between Us Girls

This is an all girls group that creates a safe space to discuss various issues that young women face. Come out for an evening of girl talk. Everything stays 'Between Us Girls.'



For You. With You.

Tuesday 5-8 PM

Knowledgeable Film

Film is a powerful tool used to evoke emotion. Kick back and relax for an evening of influential cinema, snacks, and group discussion.

Thursday 5-7:30 PM

Inhale | Exhale

Nexus welcomes our own health and fitness Guru. Get inspired and build your mind, body, and soul through effective exercises developed by a personal trainer. Join us for important conversations about healthy living.

Wednesday 4-6 PM

Pro-ject

If you enjoy planning events, have fun ideas for youth activities, and have an infectious personality then consider joining this group. You will have the opportunity to help us make important decisions, engage youth through outreach and have a positive influence on your peers.

Friday 4-6 PM

Fun Friday

Come out for an evening of games, special events, and making new friends. Nexus welcomes **you** to come hang out in a fun, non-judgemental, welcoming environment. Come as you are and become a part of this amazing community of youth.

Check us out on Twitter & Facebook

@YouthNexus

FB: Nexus Youth Services

Drop-in Hours M 11-9 T 10-9 W 10-9 T 10-9 F 10-6 S 11-5

