

301 Burnhamthorpe Road West
2nd Floor of the Mississauga Central Library
905-566-1883
nexusyouth.ca



For You. With You.

Monday 5-7 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.'

Tuesday 5-6 PM

Guy Code

A group for guys where we learn what is to be a man through music, film, literature, art, fitness and friendly debates. We discuss events and life experiences and provide support & encouragement. Stay ahead of the game! Snacks will be served.

Basketball @ NYC 6:00-7:30PM

Commencing May 6th, NYC will be hosting basketball out in Celebration Square. All genders are welcome to participate! You will have the opportunity to participate in a friendly game against the City of Mississauga Security team.

Check us out on Facebook: Nexus Youth Services and on Twitter: @YouthNexus

Wednesday 5-7 PM

Living Colour

This season Nexus staff and youth will be joining forces to design and create a mural to decorate our space. The mural will be a unique embodiment of our community, and we need **you** to make sure this happens!

Thursday 5-7:30 PM

Pain |2| Gain

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.

Friday 3:30-5:30 PM

Nexflix

Join us for an evening of film and discussion. Consider how media and the film industry impact you for better or worse. You will have the opportunity to plan and host a community film screening to give back to your peers in a fun and positive way.

Drop-in Hours **M** 11-9 **T** 10-9 **W** 10-9 **T** 10-9 **F** 10-6 **S** 11-5
SPRING PROGRAMS START APRIL 21ST & END JUNE 13TH

