

## 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

### Guy Code --> 5-6PM

A group for guys, where we discuss important issues that young men face. Come take part in our activities where we strive to promote critical thinking, strong self-worth and a positive outlook on life.

### Co-Ed Basketball in the Square --> 6:00-7:00PM

Get your blood pumping in a friendly game of B-Ball every Tuesday evening this summer.

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

## Wednesday 4:30-6 PM

### Reach Out

Reaching out and connecting your peers to resources is a great way to contribute to your community. You will have unique opportunities to help Nexus make important connections with youth in Mississauga- through outreach and fun activities.

## Thursday 5-7:30 PM

### Pain |2| Gain

The focus on health and fitness continues at Nexus. 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 4-5:30 PM

### Fun Fridays

Nexus is filled with surprises this summer. Please call in advance to learn about our weekly activities for our Friday group. Contact Jesse at [jmurray@nexusyouth.ca](mailto:jmurray@nexusyouth.ca)

**NEW SUMMER PROGRAM**

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

Summer Programs **START June 30 & END August 29th**