

## Monday 6:30-8:30 PM

### Between Us Girls

This is an all girls group-No boys allowed! This term we will be discussing topics related to identity formation and development. Come out for an evening of girl talk. Everything stays 'Between Us Girls.'

\*Empowering Against Exploitation with Elizabeth Fry Beginning October 2017

## Tuesday 6:30-8:30 PM

### Guy Code-Empowering Young Men

A preventative education program to empower young men with knowledge that both highlights the harms of sexual exploitation and provides active roles that they can play to end sexual harm.

\*Empowering Young Men with Elizabeth Fry Beginning September 2017

## Wednesday 6:30-8:30 PM

### Nexercise

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.

## Thursday 6:30-8:30 PM

### The Hub

Nexus partners with Unity Charity to bring a unique opportunity to youth in Peel. Unity's facilitators share stories of adversity and success while using, urban art, beat boxing, break dancing, and spoken word.

## DROP-IN HOURS

**MONDAY-THURSDAY 12-6:30PM**

**FRIDAYS 12-6:00PM**

## Friday 4:00-6:00 PM

### Fun Friday

Join staff and peers for an afternoon of themed drop-in's, boardgames, tournaments, and discussion.

\*Please note that community service hours are NOT offered during this time.

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



# 2017

