

Monday 6:30-8:30 PM

Between Us Girls

This is an all girls group that explores various topics including, positive self image, self-esteem, healthy relationships and much more. Come out for an evening of girl talk and fun activities. Everything stays 'Between Us Girls.'

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.

Tuesday 6:30-8:30 PM

Phys-Ed

This group focuses on the educational aspects of health and wellness. We facilitate important conversations including tips for healthy eating and lifestyle, physical health and safety, and building skills for emotional wellbeing. This group will teach youth tips and strategies to use at the gym during Nexercise on Wednesdays!

Thursday 6:30-8:30 PM

S.W.A.G.

Success With Age and Guidance equips young men with the skills needed to achieve personal success. It empowers participants to define success for themselves, building on their personal assets, talents, skills, and strengths to help them reach their full potential.

DROP-IN HOURS

MONDAY-THURSDAY 12-6:30PM

FRIDAYS 12-6:00PM

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

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

