

FALL PROGRAMS START SEPTEMBER 15TH & END DECEMBER 12TH

DROP-IN HOURS

MONDAY-THURSDAY 12-6:30PM

FRIDAYS 12-6:00PM



For You. With You.

Monday 6:30-8:30 PM

Empowering Girls Against Exploitation

Nexus is joining forces with the Elizabeth Fry Society to provide young girls in Peel with an exciting leadership opportunity. Exploitation is a rising concern and we believe that education and awareness can help keep you and your peers safe. Come out to learn how you can make positive changes in your very own community.

Tuesday

Guy Code --> 6:30-7:30PM

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 --> 7:30-8:30PM

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

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

Wednesday 6:30-8:30 PM

Pro-ject

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 leadership, outreach, events, and fun activities.

Thursday 6:30-8:30 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 4-6 PM

Fun Fridays

Nexus is filled with surprises this fall. Please call in advance to learn about our weekly activities for our Friday group.

