

NEXUS YOUTH CENTRE

Winter 2018-19 Groups



Drop-In Hours:

Monday to Thursday (12 – 9pm) or Fridays (12 – 6pm)

Volunteer hours & bus tickets are provided for all youth who attend Nexus

Nexercise (Mondays at 6:30 pm – 8:30 pm)

Want to stay fit and active while having fun? Are you interested in personal fitness and/or sports and recreation? Consider joining Nexercise on Monday nights, where you can meet new friends and have fun while learning tips to help improve your physical health and wellness.

Talk That Talk (Triple T) (Tuesdays at 6:30 pm – 8:30 pm)

Triple T is a peer-to-peer support group that provides an open and safe space to learn skills related to stress and anxiety management; healthy relationships; healthy eating; and positive communication. Youth will learn how to create healthy meals, discuss personal wellness tips, and learn strategies to work through stress and anxiety (at home, at school, with peers, etc.).

Project Leadership Group (Nexus Youth Council) (Wednesdays at 4:30 pm – 6:00 pm)

Nexus Youth Council is a collective movement that promotes youth leadership skills and civic engagement. Participants will:

- Discover ways to promote civic engagement and mental health awareness;
- Develop positive peer relationships;
- Build new and existing leadership skills by creating and engaging in community events; and
- Create opportunities for youth projects and workshops that will support the needs of youth in their school, as well as in the community.

Between Us Girls/Girls' Night In (Wednesdays at 6:30 pm – 8:30 pm)

Girls' Night In is a 13-week program that aims to empower young women to become community and world changers. Girls will be supported to form positive peer relationships and build their self-confidence in a positive and open-minded environment. Through one-on-one mentorship opportunities, open and honest dialogue, and interactive and fun workshops, this group will empower young women to reach their full potential while also developing skills for their future.

SWAG (Success with Age and Guidance) (Thursdays at 6:30 pm – 8:30 pm)

The Success With Age and Guidance (SWAG) program equips young men with the skills to achieve personal and professional success. SWAG empowers young men to define success for themselves and build on their unique talents, skills and strengths to reach their full potential.

Bus tickets available upon request, while quantities last.

For You. With You.

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