



Drop-In Hours:

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

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

Nexercise (Mondays at 6:30 – 8:30 pm)

The focus on health and fitness continues at Nexus. After a brief hiatus, Nexercise is back in full force! We have again partnered with the City of Mississauga to help you get inspired and strengthen your mind and body through effective exercises developed by a personal trainer.

PLEASE NOTE: This group meets at Nexus Youth Centre and heads over the Mississauga Civic Centre gym at 6:15 pm.

Girls Night In (Wednesdays at 6:30 – 8:30 pm)

Girls Night In is a 13-week program that aims to empower young women to become community and world changers. Young girls have the ability to make friends, have fun, go out to cool events and build self-confidence in a positive, open-minded environment with topics of discussion that every girl can relate to. Through one-on-one mentorship, interactive and fun workshops and new opportunities, we empower young women to reach their full potential, all while developing skills for their future.

Talk That Talk (Triple T) (Tuesdays at 6:30 – 8:30 pm) – ON HOLD UNTIL FURTHER NOTICE

In this group, youth will learn concrete skills related to stress and anxiety management, building healthy relationships and overall physical wellness through healthy eating and living. Youth will learn how to create healthy meals, discuss life planning/goals, and learn strategies to manage situations that create stressors (at home, at school, with peers, etc.)

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

Nexus Youth Council is a collective movement that promotes leadership skills and civic engagement. High school students will:

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

Posi-Talks

Sometimes, we need someone to speak to about the ups and downs of life. Posi-Talks is a 30- to 45-minute mentoring session with one of our Youth Engagement Workers at Nexus. Whether it is job supports, figuring out next steps in life, or talking through every day stress and concerns, we're here to be a source of support, without judgement.

**Bus tickets available upon request, while quantities last.*