



ABOUT NEXUS YOUTH SERVICES

Nexus Youth Services works with you to create a safe and respectful environment that celebrates youth culture in all its diversity. With safety comes

freedom for you to explore opportunities for personal development, tackle problems and achieve your goals. Most importantly, Nexus believes in Youth Engagement. This means that your voice matters! At Nexus Youth Services, we believe in the value of working together with youth. We respect your opinion and we want to hear your ideas. Your energy and expertise help us to make our services right for you! Youth are what makes Nexus a safe and unique place to be.

At Nexus, we reach out to youth ages 14-24 through our Community Counselling program and a variety of services offered at Nexus Youth Centre.

"Lots of support & information available."



Main Office
85A Aventura Court
Mississauga, ON L5T 2Y6
905.795.3518

Nexus Youth Centre
301 Burnhamthorpe Road West
Mississauga, ON L5B 3Y3
905.566.1883

-  nexusyouth.ca
-  foryou@nexusyouth.ca
-  facebook.com/nexusyouthservices
-  twitter.com/youthnexus
-  youtube.com/nexusyouthservices

For You. With You.
Nexus Youth Services creates opportunities for youth by providing high quality services that are inclusive and responsive to the needs and voices of youth.

Nexus Youth Services is a **fully accredited** youth mental health agency.
Charitable Business Number: 13039 7631 RR0001



For You. With You.



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NEXUS YOUTH CENTRE:

- Looking for a place to chill with other youth?
- Need help finding a place to live, getting a job, learning new skills, or going back to school?
- Want to discuss a problem privately with a youth worker?

Check out Nexus Youth Centre...

Nexus Youth Centre is a drop-in centre where you can hang out, meet new people, have fun, find information and get help.

Come and check us out – we are located inside the Mississauga Central Library.

301 Burnhamthorpe Road West on the second floor.

We are open:

- Mondays to Thursdays, 12 - 9pm
- Fridays, 12 - 6pm

Consider joining one of our groups where you can:

- have fun and make new friends,
- talk about things you are interested in,
- work out and learn about healthy eating,
- dance, make music, create art and write, and
- improve your job and leadership skills.

You can also volunteer, gain work experience, earn community service hours, and learn skills to help others in your community.

Find out more:

You can find out more about our services by calling **Nexus Youth Centre** at **905-566-1883**.



“Felt really comfortable with the counsellor, who was awesome! Felt safe to speak the truth without being judged.”

“They took time to understand how I felt and what I needed. They respected me and were very nice.”

“The coordinators and people I have met along the way helped build new experiences in my life.”

“It’s like a family.”



COMMUNITY COUNSELLING:

Are you, or anyone you know:

- Feeling sad, anxious or angry?
- Struggling to get along with others?
- Getting into trouble?
- Having problems with drugs or alcohol?
- Feeling bullied?
- Having trouble dealing with difficult things from the past?

If you want to talk, we are here to listen.

Nexus counsellors take the time to get to know you. We want to hear about your needs, your interests and your strengths and we'll work with you to explore solutions to your problems. Nexus counsellors understand that your privacy is important and will only involve your family if you want us to.

Our services are free and confidential. To come to Nexus, you just need to be between 14 and 24 years old and live in Brampton, Mississauga or Caledon. Call **905-451-4655** today to learn more about why our Community Counselling program might be right for you.

“My thoughts & ideas were respected.”



For You. With You.