



Youth Centre Hours:

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

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

Nexercise: Sports Edition (Mondays @ 6:30 – 8:30 pm)

We are moving outside for the summer! Get ready for Nexercise: *Sports edition*. We are focusing on skills you can use in all sports such as soccer, basketball and football, promoting a healthy body and a healthy mind. Come out to have fun, train, learn, compete and up your game.

#beforeiletgo Dance Challenge (Tuesdays @ 6:30 – 8:30 pm)

Ever wanted to be in a flash mob? Now's your chance! Join our amazing dancers as we learn Hip-Hop/R&B choreography with a fun surprise performance on the last day! Drop in and learn the routine on July 9th, 16th and/or 23rd. No previous dance experience necessary! All levels welcome! Be sure to bring a friend.

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

Brush Up: Visual Arts Program (Wednesdays @ 6:30 – 8:30 pm)

Brush Up is an 8 week arts based program partnered with Studio.89. We are having fun with art activities and important topics like healthy expression, creativity and de-stressing. No artistic experience necessary!

Girls Night In (Thursdays @ 6:30 – 8:30 pm)

Girls Night In is a program that aims to empower young women to become community and world changers. Young women 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.

Mississauga HUB in Partnership with Unity Charity (Fridays @ 5-7pm)

The Hub brings a unique opportunity to youth in Peel. Each week, different artists and facilitators share stories of success and adversity while using urban art, beat boxing, break-dancing, spoken word and more. This program is currently running at Kindred Culture Dance Studio (a 10-minute walk from Nexus Youth Centre)

****PLEASE NOTE:** *This program is offered offsite by external facilitators*

Posi-Talks

Sometimes, we need someone to speak to about the ups and downs of life. Posi-Talks is a 30 to 45-minute personal support 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.