



Youth Centre Hours:

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

Volunteer hours are provided for all youth who attend Nexus Groups

Nexercise: Mondays @ 6:30 – 8:30 pm (starts September 23rd)

The focus on health and fitness continues at Nexus. In partnership with the City of Mississauga, Nexercise will help you strengthen your mind and body through effective exercises developed by a personal trainer, learn how to lead group-based physical fitness activities, and teach you how to support your body through healthy meal planning.

Project Leadership Group: Wednesdays @ 4 – 5:30 pm (starts October 1st)

The Project Leadership Group promotes leadership skills and civic engagement. As a member, you will:

- Discover ways to promote civic engagement, increase mental health awareness and develop positive peer relationships
- Build new and existing leadership skills by creating and engaging in community events
- Develop projects and workshops that will support the needs of youth at school and in the community

Brush Up Visual Arts Program: Wednesdays @ 6:00 – 8:00 pm (starts October 2nd)

Brush Up is an 8-week arts-based program offered in partnership with Studio.89. Come out and try some fun activities that also address important topics like healthy expression, creativity and stress management. No artistic experience necessary!

Girls' Night In: Thursdays @ 6:00 – 8:00 pm (starts October 3rd)

Girls' Night In is a program that aims to empower young women with 3 goals in mind: Talk, Eat and Have Fun! As part of this group, you will make new friends, experience cool events and build your self-confidence in a positive, open-minded environment. This group offers one-on-one mentorship, interactive and fun workshops, and opportunities to learn and develop the skills you need to reach your full potential.

Mississauga HUB in Partnership with Unity Charity: Fridays @ 5 – 7pm (starts September 20th)

Each week, different artists and facilitators will share stories of overcoming adversity and achieving success while using urban art, beat boxing, spoken word and more to share their message. 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 all need someone to talk to about the ups and downs of life. A Posi-Talk session is a 30 to 45-minute private session with one of Nexus's Youth Engagement Workers. Whether you're looking for a job, figuring out next steps in life, or talking through every day stress and concerns, we're here to be a source of judgement-free support.

For You. With You.