

Youth Centre Hours:

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

The Youth Centre is located inside the Mississauga Central Library on the 2nd floor
(301 Burnhamthorpe Road West, Mississauga, ON)

** Volunteer hours are available for 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 helps you get inspired and strengthen your mind and body through effective exercises developed by a personal trainer. Youth will learn how to lead group-based activities that focus on physical fitness, and work together to promote healthy bodies through healthy meal planning.

Project Leadership Group (Nexus Youth Council) (Tuesdays @ 4 – 5:30 pm) (starts October 1st)

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

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

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 @ 6:00 – 8:00 pm) (starts October 3rd)

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) (starts September 20th)

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, 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.