

WINTER PROGRAMS START JANUARY 18TH & END MARCH 25TH



For You. With You.

## Monday 6:30-8:30 PM

### Pain |2| Gain

The focus on health and fitness continues at Nexus. Get inspired and build your mind, body, and soul through effective exercises developed by a personal trainer. Join us for important conversations about healthy living.

## Tuesday 6:30-8:30 PM

### Guy Code

A group for guys, where we discuss important issues that young men face. Come take part in our activities where we strive to promote critical thinking, strong self-worth and a positive outlook on life.

## Wednesday 6:30-8:30 PM

### Between Us Girls

This is an all girls group-No boys allowed! This term we will be discussing topics related to identity formation and healthy relationships. Come out for an evening of girl talk. Everything stays 'Between Us Girls.'

## Thursday 6:30-8:30 PM

### The Hub

Nexus partners with Unity Charity to bring a unique opportunity to youth in Peel. Unity's facilitators share stories of adversity and success while using, urban art, beat boxing, break dancing, and spoken word.

## DROP-IN HOURS

MONDAY-THURSDAY 12-6:30PM

FRIDAYS 12-6:00PM

Check us out on Facebook:  
Nexus Youth Services and  
on Twitter: @YouthNexus

## FRIDAY 4:00-6:00 PM

### Fun Friday

Join staff and peers for an afternoon of themed drop-in's, boardgames, tournaments, and discussion.

\*Please note that community service hours are NOT offered during this time.

