

## 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

### **S.W.A.G.**

Success With Age and Guidance equips young men with the skills needed to achieve personal success. It empowers participants to define success for themselves, building on their personal assets, talents, skills, and strengths to help them reach their full potential.

## 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.

