

Nexus Youth Centre
301 Burnhamthorp Road West Mississauga ON



nexus
YOUTH SERVICES

nexusyouth.ca
905-566-1883

For You. With You.

Monday 4-6 PM

Between Us Girls

This is an all girls group that creates a safe space to discuss various issues that young women face. Come out for an evening of girl talk. Everything stays 'Between Us Girls.'

Tuesday

Guy Code 4-6PM

A young men's support group, where we discuss important issues that relate directly to growing up and being male. Our activities strive to promote critical thinking, strong self-worth and a positive outlook on life.

Basketball 6-8PM

Join us in Celebration Square every Tuesday for basketball. Ages 14-24 all are welcome.

Thursday 5-7:30 PM

Pain 2 Gain

Come dressed in your sweats, running shoes and be ready to get inspired to build your mind, body and soul! NYC's health and fitness guru along with a certified personal trainer will assist you in developing a personalized fitness routine. We will also engage in a variety of activities aimed towards building your overall mental and physical well-being. Like they say No Pain, No Gain!

Wednesday 4-6 PM

Contact Melissa for weekly details 905-566-1883

Reach Out

If you want to learn how to reach out to your peers in your community then consider joining this group. You will have the opportunity to help Nexus make important connections, engage youth through outreach and activities that will have a positive influence on your peers by creating awareness of Nexus Youth Services.

Friday 4-6 PM

Contact Danielle for weekly details 905-566-1883

Fun Friday

Come out for an afternoon of games, special events, and making new friends. Nexus welcomes **you** to come hang out in a fun, non-judgemental, welcoming environment. Come as you are and become a part of this amazing community of youth.