







HOURS OF OPERATION:
(Open to all youth ages 12-24 years)

Mon: 11 am – 8:30 pm
Tues – Thurs: 10 am – 8:30 pm
Fri: 10 am – 6:30 pm
Sat: 11 am – 5 pm

SPRING 2010

NYC

NEXUS YOUTH CENTRE
(formerly Sulara One Youth Centre)
Second Floor of
Mississauga Central Library
Tel: 905-566-1883

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS | SATURDAYS |
|---|---|---|---|---|--|
|  Change of Perspective 5 – 7 PM |  Miss Independent 5-7 PM |  Youth Council 4-5 PM Retail Training 5 – 7 PM |  The Art of Love & Sex 5 – 7 PM |  Life Skills 4 – 6 PM |  Drop-In 11-5 pm |

**** PLEASE NOTE THAT THE RUNNING OF ANY PROGRAM DEPENDS ON YOUTH INTEREST****



PROGRAM DETAILS



CHANGE OF PERSPECTIVE A CHANCE TO EXPLORE DIFFERENT POINTS OF VIEW ON TOPICS THAT INTEREST YOUNG MEN AND WOMEN WHERE EVERYONE IS ENCOURAGED TO CONSIDER AND UNDERSTAND THE PERSPECTIVES OF OTHERS.



MISS INDEPENDENT THIS 'WOMEN'S ONLY' GROUP WILL LEAVE YOU FEELING ENERGIZED AND EMPOWERED AS A FEMALE IN TODAY'S WORLD!



YOUTH COUNCIL HAVE YOUR SAY IN HOW THE YOUTH CENTRE IS RUN! THIS GROUP MEETS EVERY WEEK TO TALK ABOUT WHAT THEY WOULD LIKE TO SEE HAPPEN AT THE YOUTH CENTRE.



RETAIL/CUSTOMER SERVICE TRAINING GET AN INTRODUCTION TO THE RETAIL-CUSTOMER SERVICE INDUSTRY AND A CHANCE TO PROVE YOUR NEW SKILLS IN ACTUAL WORK ENVIRONMENTS. PARTICIPATING RETAILERS PROVIDE SHORT TERM, UNPAID TRAINING PLACEMENTS IN THE LAST PART OF THIS PROGRAM TO GIVE YOU THE CHANCE TO TEST YOUR NEW SKILLS AND MARKET YOURSELF TO POTENTIAL EMPLOYERS.



THE ART OF LOVE & SEX HELPS YOU FORM HEALTHY RELATIONSHIPS, EXPLORING EMOTIONAL AND PHYSICAL ASPECTS OF SEX AND LOVE. YOU WILL HAVE THE CHANCE TO TALK ABOUT WHAT YOU ARE GOING THROUGH AND LEARN FROM THE EXPERIENCES OF OTHERS



LIFE SKILLS GIVES YOU THE TOOLS TO BOOST YOUR CONFIDENCE, SELF-ESTEEM AND COMMUNICATION SKILLS FOR BOTH HOME AND WORK. GET TIPS ON ORGANIZATION, LIVING INDEPENDENTLY, UNDERSTANDING SOCIAL RESPONSIBILITY AND DEVELOPING RELATIONSHIPS.

DROP-IN – EVERYDAY! (SEE ABOVE HOURS OF OPERATION)