

Young Adults Online Workshops and Chatrooms

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<p data-bbox="1297 175 1652 521">1 ACT 4 Youth / netWORKS 11:00am – 12:00pm Join Zoom Meeting https://us02web.zoom.us/j/84048051527 +1 438 809 7799 Meeting ID: 840 4805 1527</p> <p data-bbox="1297 602 1652 948">Training Thursday YMCA Literacy Program Soft Skills 2:00pm -3:00pm Join Zoom Meeting https://us02web.zoom.us/j/85495979744 +1 647 558 0588 Meeting ID: 854 9597 9744</p>	<p data-bbox="1682 245 1999 521">2 Fun Friday 1:00pm - 3:00pm Join Zoom Meeting https://us02web.zoom.us/j/84240637249 +1 778 907 2071 Meeting ID: 842 4063 7249</p>

5

6

Cyber Security
11:00am - 12:00pm
Join Zoom Meeting

<https://us02web.zoom.us/j/84685695120>

+1 438 809 7799

Meeting ID: 846 8569 5120

Easy Fitness
1:00pm - 2:30pm
Join Zoom Meeting

<https://us02web.zoom.us/j/82243605922>

+1 647 374 4685

Meeting ID: 822 4360 5922

Relationships
3:00pm - 4:00pm
Join Zoom Meeting

<https://us02web.zoom.us/j/88309446939>

+1647 374 4685

Meeting ID: 883 0944 6939

7

Wellness Wednesday
2:00pm - 3:00pm
Join Zoom Meeting

<https://us02web.zoom.us/j/84908318876>

+1 647 558 0588

Meeting ID: 849 0831 8876

8

ACT 4 Youth / netWORKS
11:00am - 12:00pm
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<https://us02web.zoom.us/j/84048051527>

+1 438 809 7799

Meeting ID: 840 4805
1527

Training Thursday
YMCA Literacy Program
Soft Skills

2:00pm - 3:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85495979744>

+1 647 558 0588

Meeting ID: 854 9597
9744

9

Fun Friday
1:00pm - 3:00pm
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<https://us02web.zoom.us/j/84240637249>

+1 778 907 2071

Meeting ID: 842 4063
7249

12



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Meeting ID: 840 4805
1527

Training Thursday
YMCA Literacy Program
Diversity & Social
Inclusion

2:00pm - 3:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/89638447276>

Meeting ID: 896 3844
7276

16

Fun Friday
1:00pm - 3:00pm
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<https://us02web.zoom.us/j/84240637249>

+1 778 907 2071

Meeting ID: 842 4063
7249

19

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Meeting ID: 849 0831 8876

22

ACT 4 Youth / netWORKS
11:00am – 12:00pm
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<https://us02web.zoom.us/j/84048051527>

+1 438 809 7799

Meeting ID: 840 4805
1527

Networking Event
2:00pm – 3:00pm
Join Zoom Meeting

<https://us02web.zoom.us/j/87692604334>

+1 647 374 4685

Meeting ID: 876 9260
4334

23

Fun Friday
1:00pm - 3:00pm
Join Zoom Meeting

<https://us02web.zoom.us/j/84240637249>

+1 778 907 2071

Meeting ID: 842 4063
7249

26

27

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Meeting ID: 840 4805
1527

Training Thursday
YMCA Literacy Program
Diversity & Social
Inclusion

2:00 - 3:00pm

Terry-Ann & Guest

Join Zoom Meeting

<https://us02web.zoom.us/j/89638447276>

Meeting ID: 896 3844
7276

30

Fun Friday
Halloween Jam!
1:00pm - 3:00pm

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<https://us02web.zoom.us/j/84240637249>

+1 778 907 2071

Meeting ID: 842 4063
7249



Healthy Sexuality

Join us for an interactive workshop with a public health nurse, discussing healthy sexuality, consent and communication, healthy growth & development, and answering any of your concerns/questions

Wellness Wednesday

Programs are designed to foster the development of healthy habits and lay the groundwork for participants to lead a balanced and healthy lifestyle.

Fun Friday

It's time to take a break and have some fun! Join us every Friday for interactive and fun activities to help you get through home-isolation

Training Thursday: YMCA Literacy Program

This workshop is dedicated to helping participant to learn and gain knowledge about Soft Skills, Diversity and Social Inclusion. This workshop will foster a great sense of belonging and acceptance within our community and in the workplace.

Cyber Security

Learn basics of Internet Safety, Email Safety and Device safety

Easy Fitness

Join us every Tuesday for an energetic workout that pairs with easy movements, exercises and breathing techniques.

Relationships (Youth)

A series of relationship topics for youth including healthy relationships, friendships, dating and emotions.

ACT 4 Youth/netWORKS

Learn basics of job development, independence and professionalism. Set yourself up for success in the workplace, post-secondary education and volunteer positions!

Networking Event

These sessions will provide participant the opportunity to meet and engage with mentors and learn about different types of careers. Participant will be able to demonstrated increased awareness of potential career opportunities in various fields and improved job searching skills and increased job readiness