

Young Adults Online Workshops and Chatrooms

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Civic Holiday</p>	<p>4</p> <p>Youth Cooking Series: 11:00am-12:00pm Kamal Join Zoom Meeting https://us02web.zoom.us/j/88060460792 +1 647 558 0588 Meeting ID: 880 6046 0792</p> <p>Marketplace: Easy Fitness 1:00 - 2:30pm Karen & Terry-Ann Join Zoom Meeting https://us02web.zoom.us/j/89256878410 +1 647 374 4685 Meeting ID: 892 5687 8410</p> <p>Relationships 3:00pm - 4:00pm Christine Join Zoom Meeting https://us02web.zoom.us/j/88309446939 +1647 374 4685 Meeting ID: 883 0944 6939</p>	<p>5</p> <p>Marketplace: G1 Prep (Ages 16+) 1:00 - 2:30pm Karen & Terry-Ann Join Zoom Meeting https://us02web.zoom.us/j/84747541600 +1 647 374 4685 Meeting ID: 847 4754 1600</p> <p>Wellness Wednesday 2:00pm -3:00pm Christine & Kamal Join Zoom Meeting https://us02web.zoom.us/j/86844803819 +1 647 374 4685 Meeting ID: 868 4480 3819</p>	<p>6</p> <p>NetWORKS 11:00am -12:00pm Terry-Ann Join Zoom Meeting https://us02web.zoom.us/j/87167320681 +1 438 809 7799 Meeting ID: 871 6732 0681</p> <p>ACT 4 Youth 2:30pm – 3:30pm Christine & Kamal Join Zoom Meeting https://us02web.zoom.us/j/82018343653 +1 438 809 7799 Meeting ID: 820 1834 3653</p>	<p>7</p> <p>Fun Friday 1:00pm - 3:00pm Kamal & Christine Join Zoom Meeting https://us02web.zoom.us/j/84240637249 +1 647 558 0588 Meeting ID: 842 4063 7249</p>

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**Marketplace:
Independent Living**

1:00pm - 2:30pm

Karen & Terry-Ann

Join Zoom Meeting

[https://us02web.zoom.us/
j/82050289765](https://us02web.zoom.us/j/82050289765)

+1 438 809 7799

Meeting ID: 820 5028 9765

11

Youth Cooking Series:

11:00am-12:00pm

Kamal

Join Zoom Meeting

[https://us02web.zoom.us/
/88060460792](https://us02web.zoom.us/j/88060460792)

+1 647 558 0588

Meeting ID: 880 6046 0792

Marketplace:

Easy Fitness

1:00 - 2:30pm

Karen & Terry-Ann

Join Zoom Meeting

[https://us02web.zoom.us/
/89256878410](https://us02web.zoom.us/j/89256878410)

+1 647 374 4685

Meeting ID: 892 5687 8410

Relationships

3:00pm - 4:00pm

Christine

Join Zoom Meeting

[https://us02web.zoom.us/
/88309446939](https://us02web.zoom.us/j/88309446939)

+1647 374 4685

Meeting ID: 883 0944 6939

12

Marketplace:

G1 Prep

(Ages 16+)

1:00 - 2:30pm

Karen & Terry-Ann

Join Zoom Meeting

[https://us02web.zoom.us/
/84747541600](https://us02web.zoom.us/j/84747541600)

+1 647 374 4685

Meeting ID: 847 4754 1600

Wellness Wednesday

2:00pm -3:00pm

Christine & Kamal

Join Zoom Meeting

[https://us02web.zoom.us/
/86844803819](https://us02web.zoom.us/j/86844803819)

+1 647 374 4685

Meeting ID: 868 4480 3819

13

NetWORKS

11:00am -12:00pm

Terry-Ann

Join Zoom Meeting

[https://us02web.zoom.us/
/j/87167320681](https://us02web.zoom.us/j/87167320681)

+1 438 809 7799

Meeting ID: 871 6732
0681

ACT 4 Youth

2:30pm – 3:30pm

Christine & Kamal

Join Zoom Meeting

[https://us02web.zoom.us/
/j/82018343653](https://us02web.zoom.us/j/82018343653)

+1 438 809 7799

Meeting ID: 820 1834
3653

14

Fun Friday:

1:00pm - 3:00pm

Christine & Kamal

Join Zoom Meeting

[https://us02web.zoom.
.us/j/84240637249](https://us02web.zoom.us/j/84240637249)

+1 647 558 0588

Meeting ID: 842 4063
7249

17

18

**Youth Cooking Series:
11:00am-12:00pm**

Kamal

Join Zoom Meeting

<https://us02web.zoom.us/j/88060460792>

+1 647 558 0588

Meeting ID: 880 6046 0792

**Marketplace:
Easy Fitness**

1:00 - 2:30pm

Karen & Terry-Ann

Join Zoom Meeting

<https://us02web.zoom.us/j/89256878410>

+1 647 374 4685

Meeting ID: 892 5687 8410

**Relationships
3:00pm - 4:00pm**

Christine

Join Zoom Meeting

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

+1647 374 4685

Meeting ID: 883 0944 6939

19

**Marketplace:
G1 Prep
(Ages 16+)**

1:00 - 2:30pm

Karen & Terry-Ann

Join Zoom Meeting

<https://us02web.zoom.us/j/84747541600>

+1 647 374 4685

Meeting ID: 847 4754 1600

**Wellness Wednesday
2:00pm -3:00pm**

Christine & Kamal

Join Zoom Meeting

<https://us02web.zoom.us/j/86844803819>

+1 647 374 4685

Meeting ID: 868 4480 3819

20

NetWORKS

11:00am -12:00pm

Terry-Ann

Join Zoom Meeting

<https://us02web.zoom.us/j/87167320681>

+1 438 809 7799

Meeting ID: 871 6732 0681

ACT 4 Youth

2:30pm – 3:30pm

Christine & Kamal

Join Zoom Meeting

<https://us02web.zoom.us/j/82018343653>

+1 438 809 7799

Meeting ID: 820 1834 3653

21

Fun Friday:

1:00pm - 3:00pm

Terry-Ann & Christine

Join Zoom Meeting

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

+1 647 558 0588

Meeting ID: 842 4063 7249

24

25

Youth Cooking Series:
11:00am-12:00pm

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Meeting ID: 880 6046 0792

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Easy Fitness

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Meeting ID: 892 5687 8410

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3:00pm - 4:00pm

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Join Zoom Meeting

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

+1647 374 4685

Meeting ID: 883 0944 6939

26

Marketplace:
G1 Prep
(Ages 16+)

1:00 - 2:30pm

Karen & Terry-Ann

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<https://us02web.zoom.us/j/84747541600>

+1 647 374 4685

Meeting ID: 847 4754 1600

Wellness Wednesday
2:00pm - 3:00pm

Christine & Kamal

Join Zoom Meeting

<https://us02web.zoom.us/j/86844803819>

+1 647 374 4685

Meeting ID: 868 4480 3819

27

NetWORKS

11:00am - 12:00pm

Join Zoom Meeting

Terry-Ann

<https://us02web.zoom.us/j/87167320681>

+1 438 809 7799

Meeting ID: 871 6732 0681

ACT 4 Youth

2:30pm - 3:30pm

Christine & Kamal

Join Zoom Meeting

<https://us02web.zoom.us/j/82018343653>

+1 438 809 7799

Meeting ID: 820 1834 3653

28

Fun Friday:

1:00pm - 3:00pm

Kamal & Terry-Ann

Join Zoom Meeting

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

+1 647 558 0588

Meeting ID: 842 4063 7249

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Youth Cooking Series

Follow along, watch or showcase your cooking skills! Each week, one of your peers will share a delicious and easy recipe!

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

NetWORKS

Join us for a series of various life-skills topics including: First Impression, Dress for success and what is networking, Why don't we network?

ACT 4 Youth

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

Marketplace: Independent Living

Independent Living Skills is designed to give people exposure to a variety of skills needed for independence, such as menu planning, budgeting, health and safety, homecare, navigating the community and communication.

Marketplace: G1

This G 1 Licensing course will teach you about road signs, traffic laws, safe driving, responsible driving and how to get and keep your driver's license.

Marketplace: 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.