

# Young Adults Chats & Workshops

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p><b>Virtual Talent Show!</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/228635369">https://us02web.zoom.us/j/228635369</a>                      +1587 328 1099                      Meeting ID: 228 635 369  <b>1:00pm-4:00pm</b></p>
<p>4</p> <p><b>Virtual Book Club:</b>                      "Call of the Wild"                      (Age 16+)  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84873185110">https://us02web.zoom.us/j/84873185110</a>                      +1 438 809 7799                      Meeting ID: 848 7318 5110  <b>2:00pm-3:00pm</b></p>	<p>5</p> <p><b>Cooking Series:</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/81116685185">https://us02web.zoom.us/j/81116685185</a>                      +1 438 809 7799                      Meeting ID: 811 1668 5185  <b>11:00 AM- 12:00PM</b></p> <p><b>Worker's Rights Part 2</b>  <b>Join Zoom Meeting</b>  <a href="http://tiny.cc/mlb7nz">http://tiny.cc/mlb7nz</a>                      +15873281099                      Meeting ID: 891 2134 0334                      Password: 428614  <b>3:00pm-4:00pm</b></p>	<p>6</p> <p><b>Drawing Tutorials</b>                      (Ages 16+)  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/86412351691">https://us02web.zoom.us/j/86412351691</a>                      +1778 907 2071                      Meeting ID: 864 1235 1691  <b>12:30pm-1:30pm</b></p> <p><b>Wellness Wednesday:</b>                      Meditation (Open to all)  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/88416883873">https://us02web.zoom.us/j/88416883873</a>                      +1 647 374 4685                      Meeting ID: 884 1688 3873  <b>2:00pm-4:00pm</b></p>	<p>7</p> <p><b>Youth Chat:</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/87960353903">https://us02web.zoom.us/j/87960353903</a>                      +1647 374 4685                      Meeting ID: 879 6035 3903  <b>12:00 - 1:00PM</b></p> <p><b>Training Thursday:</b>                      Hand Hygiene and PPE                      (Youth)  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84569031900">https://us02web.zoom.us/j/84569031900</a>                      +1438 809 7799                      Meeting ID: 845 6903 1900  <b>2:00pm-3:00pm</b></p>	<p>8</p> <p><b>Virtual Mingle (age 30+)</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/83224845197">https://us02web.zoom.us/j/83224845197</a>                      +1647 558 0588                      Meeting ID: 832 2484 5197  <b>11:00AM-12:00PM</b></p> <p><b>Fun Friday:</b>                      Mother's Day Virtual                      Party(Open for all)  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/81807883393">https://us02web.zoom.us/j/81807883393</a>                      +1 647 374 4685                      Meeting ID: 818 0788 3393  <b>2:00pm-4:00pm</b></p>

11

**Virtual Book Club:**

“Call of the Wild”  
(Ages 16+)

**Join Zoom Meeting**  
<https://us02web.zoom.us/j/84873185110>  
+1 438 809 7799  
Meeting ID: 848 7318 5110  
**2:00pm-3:00pm**

12

**Cooking Series:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81116685185>  
+1 438 809 7799  
Meeting ID: 811 1668 5185  
**11:00 AM- 12:00PM**

**Learning Tuesday:**

Computer Skills  
Development (Open to all)  
(1 of 4)

**Join Zoom Meeting**  
<https://us02web.zoom.us/j/82186893040>  
+1 647 374 4685  
Meeting ID: 821 8689 3040  
**2:00pm-3:00pm**

**Come Learn With Us!**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86385131045>  
+1 438 809 7799  
Meeting ID: 863 8513 1045  
**3:00pm-4:00pm**

13

**Drawing Tutorials**

(Ages 16+)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86412351691>  
+1 778 907 2071  
Meeting ID: 864 1235 1691  
**12:30pm-1:30pm**

**Wellness Wednesday:**

Yoga (Open to all)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86248850009>  
+1 647 374 4685  
Meeting ID: 862 4885 0009  
**2:00pm-3:30pm**

14

**Youth Chat:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/87960353903>  
+1 647 374 4685  
Meeting ID: 879 6035 3903  
**12:00 - 1:00PM**

**Job search and strategies**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/84925430107>  
+1 647 558 0588  
Meeting ID: 849 2543 0107  
**3:00pm-4:00pm**

15

**Fun Friday:**

Bingo (Open to all)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/85143195781>  
+1 647 374 4685  
Meeting ID: 851 4319 5781  
**1:00pm-3:00pm**

18

**STAT HOLIDAY**

19

**Cooking Series:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81116685185>

[1116685185](https://us02web.zoom.us/j/81116685185)

+1 438 809 7799

Meeting ID: 811 1668 5185

**11:00 AM- 12:00PM**

**Learning Tuesday:**

Computer Skills

Development (Open to all)

(2 of 4)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82186893040>

[2186893040](https://us02web.zoom.us/j/82186893040)

+1 647 374 4685

Meeting ID: 821 8689 3040

**2:00pm-3:00pm**

**Relationships (1)**

"Difference between

Strangers, Acquaintances,  
Friendships and everything in  
between"

**Join Zoom Meeting**

<https://us02web.zoom.us/j/8309446939>

[8309446939](https://us02web.zoom.us/j/8309446939)

+1 587 328 1099

Meeting ID: 883 0944 6939

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

20

**Drawing Tutorials**

(Ages 16+)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86412351691>

[86412351691](https://us02web.zoom.us/j/86412351691)

+1 778 907 2071

Meeting ID: 864 1235 1691

**12:30pm-1:30pm**

**Wellness Wednesday:**

**Self-Care**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/85142178190>

[85142178190](https://us02web.zoom.us/j/85142178190)

+1 438 809 7799

Meeting ID: 851 4217 8190

**2:00-3:00pm**

21

**Youth Chat:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/87960353903>

[/87960353903](https://us02web.zoom.us/j/87960353903)

+1 647 374 4685

Meeting ID: 879 6035 3903

**12:00 - 1:00PM**

**Training Thursday:**

Cybersecurity

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89215988081>

[/89215988081](https://us02web.zoom.us/j/89215988081)

+1 778 907 2071

Meeting ID: 892 1598 8081

**2:00pm-3:00pm**

**Effective Communication**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86992862939>

[/86992862939](https://us02web.zoom.us/j/86992862939)

+1 587 328 1099

Meeting ID: 869 9286 2939

**3:30pm-4:30pm**

22

**Fun Friday**

Netflix Party

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89850270893>

[j/89850270893](https://us02web.zoom.us/j/89850270893)

+1 647 558 0588

Meeting ID: 898 5027 0893

**2:00pm-4:00pm**

25

**Virtual Book Club:**

"Call of the Wild"

**Join Zoom Meeting**

<https://us02web.zoom.us/j/84873185110>

+1 438 809 7799

Meeting ID: 848 7318 5110

**2:00pm-3:00pm**

26

**Youth Cooking Series:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/8116685185>

1116685185

+1 438 809 7799

Meeting ID: 811 1668 5185

**11:00 AM- 12:00PM**

**Learning Tuesday:**

Computer Skills

Development (Open to all)

(3 of 4)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82186893040>

2186893040

+1 647 374 4685

Meeting ID: 821 8689 3040

**2:00pm-3:00pm**

**Relationships (2)**

"Emotions: self-awareness & understanding"

**Join Zoom Meeting**

<https://us02web.zoom.us/j/8309446939>

8309446939

+1 587 328 1099

Meeting ID: 883 0944 6939

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

27

**Wellness Wednesday:**

Foster Self-Esteem and

Cope During Isolation

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89224732059>

89224732059

+1 587 328 1099

Meeting ID: 892 2473 2059

**2:00pm-4:00pm**

**Drawing Tutorials**

(Ages 16+)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86412351691>

86412351691

+1 778 907 2071

Meeting ID: 864 1235 1691

**12:30pm-1:30pm**

28

**Youth Chat:**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/87960353903>

/87960353903

+1 647 374 4685

Meeting ID: 879 6035 3903

**12:00 - 1:00PM**

**Customer Service (1 of 4)**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82864811566>

/82864811566

+1 778 907 2071

Meeting ID: 828 6481 1566

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

29

**Fun Friday:**

Dance (Open to all)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/833384522957>

/833384522957

+1 647 558 0588

Meeting ID: 833 8452 2957

**1:00pm-3:00pm**

### **Get Social Monday**

Let's talk! Every Monday we present a variety of topics of fun and social topics for our youth and families. Join us for fun and laughter on Get Social Monday😊

### **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

### **Cybersecurity**

The workshop will offer information on the basic principles of cybersecurity and some of the best practices for the real world.

### **Virtual Book Club**

Let's get talking about books. The Book Club program will capture the attention of participants and engage them with quality literature. Participants age 16+ will receive effective strategy instruction, write in response to literature and learn to take part in meaningful peer discussions.

### **Come Learn with Us!**

Join us and learn from one of your peers! Showcase your talent / skills with the group.

### **Drawing Tutorials**

This online art activity will give participants the opportunity to produce and present artworks they have created through follow along step-by-step drawing tutorials!

### **Dance**

Join us to learn different dance styles and techniques, for a fun way to stay active!

### **Computer Skills Development**

Join us for a 4 week computer session for an introductory to computers, Word, Excel and Email.

### **Training Thursday:**

Join us for a series of interactive trainings. Participants will be able to take part in a number of online training activities and will receive a completion certificate

### **Hand Hygiene & PPE (Personal Protective Equipment)**

Stopping infections right at the source through proper hand hygiene. Learn about protecting yourself against health or safety risks at work

### **Mindfulness & Meditation**

This workshop will provide you with tools and tips for reducing anxiety and help you to learn how to relax and be mindful during stressful times.

### **Yoga**

**Yoga** is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance

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

### **Effective Communication**

Explore different ways of effective, positive communication skills. Learn different communication styles.

### **Customer Service**

A 4-week workshop designed to help participants to gain the skills and knowledge working in the customer service industry.

### **Cooking Series**

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