



Be Wise Workshop Calendar

APRIL 2025

NO COST TO PARTICIPATE

For details & registration, fill out our interest form on ymcahbb.ca/be-wise



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3 PERSONAL CARE (4-5:30PM) on Zoom	4	5
6	7	8	9	10 VOLUNTEERING (4-5:30PM) on Zoom	11 CLOSED	12
13	14 CLOSED	15	16	17 FUNDING POST- SECONDARY (4-5:30PM) on Zoom	18	19
20	21	22	23 YOUTH WELLNESS (4-5:30PM) on Zoom	24 SELF-ESTEEM (4-5:30PM) on Zoom	25	26
27	28	29	30 YOUTH WELLNESS (4-5:30PM) on Zoom	1	2	3

Open to Halton youth (ages 12-18). No cost to participate. Registration required. See flyers/website for details.



Be Wise Workshops

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Youth Wellness

A 7-week series to help youth (ages 15-18) develop strategies to help cope with stresses that come with day-to-day life — so that they can live out the best version of themselves.

On **ZOOM** from April 23 - June 4, 2025 | Every Wednesday | 4 - 5:30pm

Registration is required. *Zoom link will be provided upon registration.*

How to Adult Workshop Sessions

Join us on **ZOOM** to get information and develop skills that will help on your journey to success:

- **Personal Care (Apr 3):** Engaging activities and discussion on how to properly care for ourselves by including healthy personal habits (e.g., self-care, hygiene, sleep).
- **Volunteering (Apr 10):** Learn about different ways to volunteer, tools to look for and track volunteer opportunities, and current opportunities in the community.
- **Funding Post-Secondary (Apr 17):** Explore different funding options for various post-secondary pathways and tips on completing funding applications.
- **Self-Esteem (Apr 24):** A conversation on how to increase self-esteem and boost your confidence in school, social, and other everyday life settings.

Registration is required. *Zoom link will be provided upon registration.*



YOUTH WELLNESS

For: Halton teens (ages 15-18)

Everyone experiences worries and stress. The Youth Wellness series is here to help young people learn how to cope with stress so they can live their best lives.

Join our free 7-week mental wellness series for youth with anxiety and stress.

No formal diagnosis required!



Program participant will receive: A \$25 gift card, community hours, and a free workbook filled with coping strategies.

This free program is run by caring, trained staff, in a supportive environment.



Dates: every Wednesday, April 23 - June 4, 2025

Time: 4 PM - 5:30 PM

Location: on Zoom (details provided after registration)

Interested? Fill out an online inquiry form at ymcahbb.ca/be-wise, or call/text 289-244-3288



Be Wise

Free interactive workshops to *build essential life skills*.
Gain *community hours* while learning new skills.

**FREE for
Halton
Youth
(ages 12-18)**

HOW TO ADULT WORKSHOPS

Personal Care

Thursday, April 3 | 4 PM - 5:30 PM

Volunteering

Thursday, April 10 | 4 PM - 5:30 PM

Funding Post-Secondary

Thursday, April 17 | 4 PM - 5:30 PM

Self-Esteem

Thursday, April 24 | 4 PM - 5:30 PM

Platform: **Zoom** (link will be shared upon registration)

For details & registration, fill out an online interest form at ymcahbb.ca/be-wise
or email be.wise@ymcahbb.ca or text/call 289.244.3288

