



Be Wise Workshop Calendar

MAY 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
27	28	29	30	1 MENTAL HEALTH (4-5:30PM) on Zoom	2	3
4	5 MENTAL HEALTH (4-5:30PM) <u>Iroquois Ridge</u> <u>Library Branch</u>	6	7	8 HEALTHY RELATIONSHIPS (4-5:30PM) on Zoom	9	10
11	12	13	14	15 EMOTIONAL WELL-BEING (4-5:30PM) on Zoom	16	17
18	19 CLOSED	20	21	22 NAVIGATING DIFFICULT CONVERSATIONS (4-5:30PM) on Zoom	23	24
25	26	27	28	29 CONFLICT RESOLUTION (4-5:30PM) on Zoom	30	31

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



Be Wise Workshop Calendar

JUNE 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 BE WISE: THRIVE (4-6PM) Burlington YMCA	5 TIME MANAGEMENT (4-5:30PM) on Zoom	6	7
8	9	10	11 BE WISE: THRIVE (4-6PM) Burlington YMCA	12 DIGITAL SAFETY (4-5:30PM) on Zoom	13	14
15	16	17	18 BE WISE: THRIVE (4-6PM) Burlington YMCA	19	20	21
22	23	24	25 BE WISE: THRIVE (4-6PM) Burlington YMCA	26	27	28
29	30	1 CLOSED	2	3	4	5

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



Be Wise

Join our engaging workshop about mental health.

MENTAL HEALTH FOR TEENS

**FREE for
Halton
Youth
(ages 14-18)**

- Gain knowledge of what mental health is
- Understand the impacts of stigma
- Learn strategies to cope with mental health positively

Dates: Monday, May 5, 2025

Time: 3:30 PM - 4:30 PM

Location: Oakville Public Library - Iroquois Ridge Branch Program Room
(1051 Glenashton Drive, Oakville)

For details & registration, visit <https://attend.opl.on.ca/event/13155603>



ymcahbb.ca/be-wise



Be Wise

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

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

HOW TO ADULT WORKSHOPS

Mental Health

Thursday, May 1 | 4 PM - 5:30 PM

Emotional Well-Being

Thursday, May 15 | 4 PM - 5:30 PM

Conflict Management

Thursday, May 29 | 4 PM - 5:30 PM

Digital Safety

Thursday, June 12 | 4 PM - 5:30 PM

Healthy Relationships

Thursday, May 8 | 4 PM - 5:30 PM

Navigating Difficult Conversations

Thursday, May 22 | 4 PM - 5:30 PM

Time Management

Thursday, June 5 | 4 PM - 5:30 PM

Platform: Zoom (link will be shared
upon registration)



For details & registration, fill
out our interest form online
email: be.wise@ymcahbb.ca
call/text: 289.308.7189



ymcahbb.ca/be-wise



Be Wise

THRIVE SERIES

FREE for Halton Youth (ages 12-14)

- Engage in recreational activities
- Learn life skills to thrive and reach your full potential
- Build friendship through activities and teamwork

Dates: every Wednesday, June 4 to 25, 2025

Time: 4:00 PM - 6:00 PM

Location: Ron Edwards Family YMCA (500 Drury Ln, Burlington)

Topics include:

- Digital Safety
- Self-Esteem
- Healthy Relationships
- Personal Care

HIGH SCHOOL VOLUNTEERS WANTED

- Assist with program activities
- Gain volunteer hours and peer mentor experience
- Connect and learn more about Burlington Youth Services

Limited
Spots
Register
Today!



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out our interest form online
email: be.wise@ymcahbb.ca
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ymcahbb.ca/be-wise