



Be Wise Workshop Calendar

JULY 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
29	30	1 CLOSED	2	3	4	5
6	7	8 BUDGETING (4-5:30PM) on Zoom	9	10	11	12
13	14	15 VOLUNTEERING (4-5:30PM) on Zoom	16	17 NUTRITION Georgetown Youth Centre	18	19
20	21	22 NUTRITION (4-5:30PM) on Zoom	23	24 NUTRITION Acton Youth Centre	25	26
27	28	29 PERSONAL CARE (4-5:30PM) on Zoom	30 BE WISE: THRIVE (3-5 PM) Burlington YMCA	31	1	2

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



Be Wise Workshop Calendar

AUGUST 2025

NO COST TO PARTICIPATE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 PERSONAL CARE (4-5:30PM) on Zoom	30 BE WISE: THRIVE (3-5 PM) Burlington YMCA	31	1	2
3	4 CLOSED	5 JOB SEARCH & RESUME (4-5:30PM) on Zoom	6 BE WISE: THRIVE (3-5 PM) Burlington YMCA	7	8	9
10	11	12 INTERVIEWING SILLS (4-5:30PM) on Zoom	13 BE WISE: THRIVE (3-5 PM) Burlington YMCA	14 HEALTHY RELATIONSHIP Georgetown Youth Centre	15	16
17	18	19 HIGH SCHOOL READINESS (4-5:30PM) on Zoom	20 BE WISE: THRIVE (3-5 PM) Burlington YMCA	21 HEALTHY RELATIONSHIP Acton Youth Centre	22	23
24	25	26 POST- SECONDARY (4-5:30PM) on Zoom	27 BE WISE: THRIVE (3-5 PM) Burlington YMCA	28	29	30

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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

Budgeting 101

Tuesday, July 8 | 4 PM - 5:30 PM

Nutrition

Tuesday, July 22 | 4 PM - 5:30 PM

Job Search & Resume

Tuesday, August 5 | 4 PM - 5:30 PM

Getting Ready for High School

Tuesday, August 19 | 4 PM - 5:30 PM

Volunteering

Tuesday, July 15 | 4 PM - 5:30 PM

Personal Care

Tuesday, July 29 | 4 PM - 5:30 PM

Interviewing Skill

Tuesday, August 12 | 4 PM - 5:30 PM

Post-Secondary 101

Tuesday, August 26 | 4 PM - 5:30 PM



For details & registration, fill
out our interest form online
email: be.wise@ymcahbb.ca
call/text: 289.244.3288



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, July 30 to August 27, 2025

Time: 3:00 PM - 5:00 PM

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

Topics include:

- Digital Safety
- Self-Esteem
- Healthy Relationships
- Personal Well-being

HIGH SCHOOL VOLUNTEERS WANTED

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

NEED A RIDE?

Contact us for transportation support options



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



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