



Be Wise Workshop Calendar

SEPTEMBER 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
31	1 CLOSED	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 RESUME WRITING (4-5:30PM) on Zoom	18	19	20
21	22	23	24 JOB SEARCH STRATEGIES (4-5:30PM) on Zoom	25	26	27
28	29	30 RESUME You(th) Belong Burlington	1	2	3	4

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



Be Wise Workshop Calendar

OCTOBER 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13 CLOSED	14 VOLUNTEERING (4-5:30PM) on Zoom	15	16 YOUTH WELLNESS (4-5:30PM) on Zoom	17	18
19	20	21 POST-SEC. APPLICATION (4-5:30PM) on Zoom	22  Y.E.S. (4-6PM) Burlington YMCA	23 YOUTH WELLNESS (4-5:30PM) on Zoom	24	25
26	27	28 JOB SEARCH & INTERVIEWING You(th) Belong Burlington	29  Y.E.S. (4-6PM) Burlington YMCA	30 YOUTH WELLNESS (4-5:30PM) on Zoom	31	1

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Be Wise Workshop Calendar

NOVEMBER 2025

NO COST TO PARTICIPATE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29  Y.E.S (4-6PM) <i>Burlington YMCA</i>	30 YOUTH WELLNESS (4-5:30PM) <i>on Zoom</i>	31	1
2	3	4	5  Y.E.S (4-6PM) <i>Burlington YMCA</i>	6 YOUTH WELLNESS (4-5:30PM) <i>on Zoom</i>	7	8
9	10	11 BUDGETING 101 (4-5:30PM) <i>on Zoom</i>	12  Y.E.S (4-6PM) <i>Burlington YMCA</i>	13 YOUTH WELLNESS (4-5:30PM) <i>on Zoom</i>	14	15
16	17	18 TIME MANAGEMENT (4-5:30PM) <i>on Zoom</i>	19  Y.E.S (4-6PM) <i>Burlington YMCA</i>	20 YOUTH WELLNESS (4-5:30PM) <i>on Zoom</i>	21	22
23	24	25 DIGITAL SAFETY <i>You(th) Belong Burlington</i>	26  Y.E.S (4-6PM) <i>Burlington YMCA</i>	27 YOUTH WELLNESS (4-5:30PM) <i>on Zoom</i>	28	29

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Be Wise

Looking for a part-time job? Enhance your resume writing and job search skills.

FREE!
Register
Today.

FREE EMPLOYMENT WORKSHOPS

Location: *Zoom (meeting link provided upon registration)*

Resume Writing

Wednesday, September 17 | 4 PM - 5:30 PM

Job Search Strategies

Wednesday, September 24 | 4 PM - 5:30 PM

Open to Halton youth (ages 12-18). No cost to participate.



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

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

Location: [Zoom](#) (meeting link provided upon registration)

Volunteering

Tuesday, October 14
4 PM - 5:30 PM

Budgeting 101

Tuesday, November 4
4 PM - 5:30 PM

Post-Secondary Application

Tuesday, October 21
4 PM - 5:30 PM

Time Management

Tuesday, November 11
4 PM - 5:30 PM



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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 Thursday, October 16 - November 27, 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



For youth ages **15 - 18**
INTERESTED?

Please contact:
Taylor Radley
taylor.radley@ymcahbb.ca
(289) 308-7189

Y.E.S

PROGRAM

YOUTH ENGAGEMENT SERIES

Fun Rewards!

3-Month YMCA Membership (non-members), volunteer hours, snacks, and more!
City bus vouchers can be provided for transportation to and from program.

- Connect and learn about Burlington Youth Services
- Hear from officers in different departments of Halton Regional Police Service
- Learn life skills and engage in recreational activities
- Learn from community members with lived experience

Dates: every Wednesday, October 22 - November 26, 2025

Time: 4:00 PM - 6:00 PM

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

Scan the QR and fill out the interest form to start the pre-registration process.

Some topics include:

Guns & Gangs

Drug Unit

Social Media & Tech

Anti-Human Trafficking Awareness

Recreational & Life Skills

