





YMCA CENTRE FOR IMMIGRANT *LIVE STREAM* PROGRAMS Aug 31– Sep 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
Afternoon	ENGLISH ONLINE TUTORING 1:30 pm 	VOLUNTEERING at COMMON ROOTS 12:30pm– 2:30 pm 			CANADIAN CITIZENSHIP CLASS 1:30 pm - 3:00 pm 		
					SALT YARD YOUTH MUSIC 4:00 pm		
Evening			WELLNESS FROM THE HEART 6:00 pm– 7:00 pm 				



GBVP ACTIVITIES

Men & Girls
Join us on



ACTIVE LIVING ACTIVITIES

Join us on Facebook live Stream, tune in to :

YMCA Active living



OR

YMCA Centre for Immigrant Programs page.

YOUTH OUTREACH ACTIVITIES

Ages : 13 - 19

Join us on :

- Zoom



- Instagram on **YMCA YOUTH OUTREACH**



Need more info :

- Call 902-457-9622

- Follow us on:

 **YMCA Active Living Program**

 **YMCA Youth Outreach Program**

 **YMCA Centre for Immigrant Programs**

Build a better tomorrow

These activities are free to Permanent Residents. For registration please call: 902-457-9622