

YMCA Youth Department JUNE 2026 Newsletter



Y Our Safe Space - Empowering Youth
425 King Street, Bridgewater
902-530-3352



King Street YMCA Youth Centre
416 King Street, Bridgewater
902-530-3392

Open on a walk-in basis during program hours. Youth Centres offer free use of Wi-Fi, computers, board games, video games, pool tables, snacks, laundry facilities, and personal care and resource items.

Thank you to our funders:



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Board Game Night 6:00 - 9:00PM	2 Food & Fun 3:30 -7:00PM Bbq hamburgers and potato wedges	3 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	4 Anchor After Hours 4:00 -7:30PM	5 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Crispy pork tenderloin with roasted veggies	6 Chill Zone 1:00 -4:00PM
7 Healthy family day LCLC 11-2PM	8 Street Sports LCLC 6:00 - 9:00PM Board Game Night 6:00 - 9:00PM	9 Food & Fun 3:30 -7:00PM Maple chicken kebabs and rice	10 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	11 Anchor After Hours 4:00 -7:30PM	12 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Maple chicken kebabs and rice	13 Chill Zone 1:00 -4:00PM
14	15 Street Sports LCLC 6:00 - 9:00PM Board Game Night 6:00 - 9:00PM	16 Food & Fun 3:30 -7:00PM Crispy pork tenderloin with roasted veggies	17 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	18 Anchor After Hours 4:00 -7:30PM	19 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Mac & cheese + ham	20 Car Wash & Yard Sale 9am -2pm Chill Zone 1:00 -4:00PM
21	22 Board Game Night 6:00 - 9:00PM	23 Food & Fun 3:30 -7:00PM Mac & cheese + ham	24 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	25 Anchor After Hours 4:00 -7:30PM Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	26 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 French toast fruit & bacon	27 Chill Zone 1:00 -4:00PM
28	29 Board Game Night 6:00 - 9:00PM	30 Food & Fun 3:30 -7:00PM French toast fruit & bacon				

Updates, Youth Leader Events, and Monthly Highlights

Youth Leader Volunteer Event

Car Wash & Yard Sale - Youth Department Fundraiser

June 20, 2026 Time :9am -2pm

Location: Lunenburg County YMCA Parking lot

A fundraising opportunity for the youth programs. Youth leaders will be washing cars for monetary donations to support our youth programs. Youth Leaders will holding a yard sale (Rain or Shine). Slightly used items will be available for purchase by donation.

Note: In case of rain, the yard sale will take place inside the gym of NSCC. interested in donating items for the yard sale? contact Serena Meaney, Assistant Youth Director at serena.meaney@ns.ymca.ca

Youth Leader Celebration

Date :June 20, 2026 Time :2:30

Location: Lunenburg County YMCA .All Youth Leaders will be celebrated for their accomplishments over the past 6 months. Pizza and beverages will be provided. Family members/guardians are welcome to attend and celebrate all the hard work of the 2026 Youth Leaders!

Monthly Highlights You Shouldn't Miss

Healthy Family Day

June 7, 2026 Time 9:30 - 2:30

Location: LCLC

Youth leader Volunteer opportunities

Trek the Seasons

June 15, 2026 Time: 4:00 - 5:00PM

Location: Woodland Gardens Park to Duck Pond.

This program is a nature program in which snacks will be provided as well as an outdoor activity.

If any questions please contact Lauren.Quann@ns.ymca.ca

Check out the 2026 ParticipACTION calendar for Special Events for June.

Youth Centre Program Descriptions

For information on Youth Centre programs, please contact Serena Meaney, Assistant Youth Director, serena.meaney@ns.ymca.ca or call 902-298-5512.

Program	Description	Ages	Time	Location
Board Game Night	Enjoy a variety of card and board games while socializing with new friends.	12 – 26 years	Mondays 6:00-9:00 PM	416 King St.
Street Sports	Be active and have fun outdoors in an all-ages setting. Equipment is provided for street hockey and basketball.	All ages	Mondays 6:00-9:00 PM *Seasonal, May-Sept	LCLC, 135 N Park St.
Food & Fun	Enjoy a hot meal, hang out with friends, and relax in a welcoming space.	12 – 26 years	Tuesdays 3:30-7:00 PM	425 King St.
Youth Leader Program	Participate in leadership training through skill development sessions, teamwork activities, and volunteering in the local community.	12 – 18 years	Wednesdays 6:00-7:30 PM	416 King St.
Chill Zone	Chill and enjoy everything the youth centre has to offer!	11 – 18 years	Wednesdays 7:30-9:00 PM Saturdays 1:00-4:00 PM	416 King St.

Program	Description	Ages	Time	Location
Youth Conditioning	Work towards your health & fitness goals with support from our coaches.	12 – 18 years	Thursdays 6:00-7:00 PM	Lunenburg County YMCA, 75 High St.
Youth Basketball	Be active, have fun, and improve your skills in a supportive setting. All equipment is provided.	12 – 18 years	Thursdays 7:00-9:00 PM	Lunenburg County YMCA, 75 High St.
Anchor After Hours	Relax, connect, share snacks, and enjoy the youth centre space in the company of peers.	16-25 years	Thursdays 4:00-7:30 PM	416 King St.
Cook It Up!	Learn cooking skills and food safety while preparing a meal to be enjoyed with peers. *Space is limited, and pre-registration is required for this program.	11 – 18 years	Fridays 4:00-5:30 PM	416 King St.
Food & Fun	Enjoy a hot meal, hang out with friends, and relax in a welcoming space.	11 – 18 years	Fridays 5:30-9:00 PM	416 King St.
Youth Zone	A chance for children and younger youth to be active and have fun in a safe, healthy, supervised environment.	5 – 11 years	Saturdays 5:30-7:30 PM	75 High St. (Lunenburg County YMCA)

Youth Educational Support Program

Description: This program aims to provide equity-deserving students with wrap-around support to help them navigate learning barriers and improve their educational success. Our staff can offer regular one-on-one check-ins, mentorship, life skills workshops, resources for emotional wellbeing, and support with accessing community-based services.

Eligibility

Students in Grades 11, 12, or first year of post-secondary, in Lunenburg or Queens County

How to refer

Youth can self-refer or be referred by a service provider.

Referral

Emily Irvine – emily.irvine@ns.ymca.ca / 902-298-2738
James Buteau – james.buteau@ns.ymca.ca / 902-298-3925

Youth Outreach Program

Description: This program offers community-based support for vulnerable youth, with a focus on helping young people meet their social, economic, health, and educational goals. Our staff can travel to meet youth where they are and offer one-on-one support that is tailored to each youth's needs.

Eligibility

Youth ages 12 to 26 in Lunenburg or Queens County

How to refer

Youth 16+ can self-refer. Youth under 16 must be referred by a Child and Family Wellbeing social worker.

Referral

Kim Whitman-Mansfield – kim.whitman-mansfield@ns.ymca.ca / 902-530-3392