

YMCA Youth Department

August 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:



Shine On

Southwest
Nova Scotia

August

anchor
youth space bridgewater

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Chill Zone 1:00 -4:00PM
2	3 No Program due to Civic Holiday	4 Food & Fun 3:30 -7:00PM Hodge Podge & Ham	5 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	6 Anchor After Hours 4:00 -7:30PM Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	7 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Hodge Podge & Ham s	8 Chill Zone 1:00 -4:00PM
9	10 Board Game Night 5:00 - 8:00PM Street Sports LCLC 6:00 - 9:00PM	11 Food & Fun 3:30 -7:00PM Leftovers Night	12 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	13 Anchor After Hours Cancelled this evening Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	14 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Leftovers Night	15 Chill Zone 1:00 -4:00PM
16	17 Board Game Night 5:00 - 8:00PM Street Sports LCLC 6:00 - 9:00PM	18 Food & Fun 3:30 -7:00PM Shepards Pie & Garlic bread	19 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	20 Anchor After Hours 4:00 -7:30PM Youth Conditioning 6:00 -7:00PM Multi-sport 7:00- 9:00PM	21 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Shepards Pie & Garlic bread	22 Chill Zone 1:00 -4:00PM
23	24 Board Game Night 5:00 - 8:00PM Street Sports LCLC 6:00 - 9:00PM	25 Food & Fun 3:30 -7:00PM Pancakes + bacon + fruit	26 Youth Leader Program 6:00 - 7:30 PM Chill Zone 7:30- 9:00PM	27 All program cancelled due to staff appreciate event	28 *Cook it Up!* Cook, & Learn 4:00- 5:30 Food & Fun 5:30 -9:00 Pancakes + bacon + fruit	29 Chill Zone 1:00 -4:00PM
30	31 Board Game Night 5:00 - 8:00PM Street Sports LCLC 6:00 - 9:00PM					

Updates, Youth Leader Events, and Monthly Highlights

Youth Leader Volunteer Event

Bouncy Castle Event - August 7

2:00-4:00PM taking place at the Lunenburg Library Lunenburg Academy, First Floor, 97 Kaulbach St, Lunenburg, NS B0J 2C0

Monthly Highlights

You Shouldn't Miss

Board Game Night - Hours have changed to 5:00 -8:00PM

Anchor After Hours is cancelled for August 13th

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	Starting Sept 12 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