

# YMCA YOUTH DEPARTMENT AUGUST 2026 NEWSLETTER



Open on a walk-in basis during program hours. Youth Centre 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:**



# August

Shine On

Southwest  
Nova Scotia

| SUN | MON | TUE                                                                          | WED                               | THU                                                                         | FRI                                                               | SAT |
|-----|-----|------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------|-----|
|     |     |                                                                              |                                   |                                                                             |                                                                   | 1   |
| 2   | 3   | 4<br>Youth Leader Program<br>2:30 -5:00PM<br><b>True Colours</b>             | 5<br>Chill Zone<br>12:00 -3:00PM  | 6<br>Food & Fun<br>12:00 -3:00PM<br><b>Hodge Podge &amp; Ham</b>            | 7                                                                 | 8   |
| 9   | 10  | 11<br>Youth Leader Program<br>2:30 -5:00PM<br><b>Focus on your Strenghts</b> | 12<br>Chill Zone<br>12:00 -3:00PM | 13<br>Food & Fun<br>12:00 -3:00PM<br><b>Leftovers night</b>                 | 14<br>Bouncy Castle<br>Event Library<br>Liverpool<br>2:00 -4:00PM | 15  |
| 16  | 17  | 18<br>Youth Food Leader<br>2:30 -5:00PM                                      | 19<br>Chill Zone<br>12:00 -3:00PM | 20<br>Food & Fun<br>12:00 -3:00PM<br><b>Shepards Pie &amp; Garlic bread</b> | 21                                                                | 22  |
| 23  | 24  | 25<br>Youth Food Leader<br>2:30 -5:00PM                                      | 26<br>Chill Zone<br>12:00 -3:00PM | 27<br>All program<br>cancelled due to<br>staff appreciate<br>event          | 28                                                                | 29  |
| 30  | 31  |                                                                              |                                   |                                                                             |                                                                   |     |

## Updates, Youth Leader Events, and Monthly Highlights

### Youth Leader Volunteer Event

- Bouncy Castle Event - August 14 2:00-4:00PM taking place at the Thomas H. Raddall Library 54 Harley Umphrey Dr. Hunts Point NS
- Youth Food Leaders - Starting August 18 2:30 -5:00 PM  
Youth Food Leaders is a hands-on program that supports young people to build confidence, leadership, and practical food skills, while accessing nourishing foods and connecting to community.

### Monthly Highlights

You Shouldn't Miss

- Liverpool YMCA Youth Centre - 40 water Street Hours have changed for the Summer. Chill Zone and Food and Fun programs will be Held at 12:00 -3:00PM

## Youth Centre Program Descriptions

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

### Liverpool YMCA Youth Centre

| Program                     | Description                                                                                                                          | Ages          | Time                        | Location     |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------------------|--------------|
| <b>Youth Leader Program</b> | Participate in leadership training through skill development sessions, teamwork activities, and volunteering in the local community. | 12 – 18 years | Tuesdays<br>2:30-5:00 PM    | 40 Water St. |
| <b>Chill Zone</b>           | Chill and enjoy everything the youth centre has to offer!                                                                            | 12 – 26 years | Wednesdays<br>12:00-3:00 PM | 40 Water St. |
| <b>Food &amp; Fun</b>       | Enjoy a hot meal, hang out with friends, and relax in a welcoming space.                                                             | 12 – 26 years | Thursdays<br>12:00-3:00 PM  | 40 Water St. |

### 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.

|                     |                                                                                                                                                           |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eligibility</b>  | Youth ages 12 to 26 in Lunenburg or Queens County                                                                                                         |
| <b>How to refer</b> | Youth 16+ can self-refer. Youth under 16 must be referred by a social worker.                                                                             |
| <b>Contact</b>      | To make a referral, contact Kim Whitman-Mansfield – <a href="mailto:kim.whitman-mansfield@ns.ymca.ca">kim.whitman-mansfield@ns.ymca.ca</a> / 902-212-1179 |

### 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.

|                     |                                                                                                                                                                                                          |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eligibility</b>  | Students in Grades 11, 12, or first year of post-secondary, in Lunenburg or Queens County                                                                                                                |
| <b>How to refer</b> | Youth can self-refer or be referred by a service provider.                                                                                                                                               |
| <b>Referral</b>     | Emily Irvine – <a href="mailto:emily.irvine@ns.ymca.ca">emily.irvine@ns.ymca.ca</a> / 902-298-2738<br>James Buteau – <a href="mailto:james.buteau@ns.ymca.ca">james.buteau@ns.ymca.ca</a> / 902-298-3925 |