



Brightside is a one-stop-shop for youth aged 12–25 to get access to the services they need, when they need them, under one roof.



The services at Brightside are provided at no cost.

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40 Metcalf Street, Woodstock (Community Employment Services)

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BrightsideYouthHub.ca

DROP-IN SERVICES & SCHEDULED ACTIVITIES » EVERY WEDNESDAY FROM 2-5PM

# May 2024



PIZZA & DRINKS PROVIDED WEEKLY!

## ACTIVITIES & EVENTS

**Crafting Hour** May 1st • 3–4pm Join Meagan from OCL for Crafting Hour.

**Cooking Group** May 22nd • 3–4pm Cooking Group with OCCHC.

## DROP-IN SERVICES

### Mental Health Counselling

May 1 / 8 / 15 / 22 / 29 • 2–4pm In-person & virtual

A single-session model is used to allow youth to drop in as needed without the pressure of a scheduled appointment. No topic is off-limits! We can connect you to other supports if necessary.

### Education Planning for Success

May 15 • 3:00–4:00pm

Join Stephen to learn about different academic programs available, planning for secondary school or post-secondary education including funding and planning for your future education plans.

### Human Trafficking Workshop with DART

May 1 / 8 / 15 / 22 / 29 • 3:30–5:00pm

Domestic Abuse Resource Team and Brightside Youth Hub Present: Big Talks Human Trafficking Awareness. Every Wednesday from 3:30-5pm from April 10th-May 29th.

### Peer Support

May 1 / 8 / 15 / 22 / 29 • 3:00–4:00pm

Peer Support is a vital link in helping someone navigate the health system, locate, and access community resources, and find their personal path to wellness.

### Youth Outreach and Support Program

May 1 / 8 / 15 / 22 / 29 • 3:00–4:30pm

Offer youth a variety of supports to assist in navigating the various services in Oxford County. The program will support youth in recognizing their own skills and passions and creating goals for their future to develop these talents. In addition to supporting youth in developing connections with organizations in their area to assist them in working towards these goals.