



Be Wise Workshop Calendar

JAN 2025

NO COST TO PARTICIPATE

For details & registration, fill out our interest form on ymcahbb.ca/be-wise



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Closed for Statutory Holiday	2	3	4
5	6	7	8	9 WELLNESS WITH THE Y (4-5:30PM) Burlington YMCA	10	11
12	13 STUDY HABITS (4-5:30PM) Burlington YMCA	14	15	16 WELLNESS WITH THE Y (4-5:30PM) Burlington YMCA	17	18
19	20 HEALTHY EATING (4-5:30PM) Burlington YMCA	21	22	23 WELLNESS WITH THE Y (4-5:30PM) Burlington YMCA	24	25
26	27 HEALTHY HABITS (4-5:30PM) Burlington YMCA	28	29	30 WELLNESS WITH THE Y (4-5:30PM) Burlington YMCA	31	1

Open to Halton youth (ages 12-18). Registration required for online workshops.



Be Wise Workshops

JANUARY 2025

Wellness with the Y

The start of a new year and the end of the school semester can be stressful. This 4-week, in-person series provides young people a space to learn and practice wellness strategies.

In-Person at [Burlington YMCA \(500 Drury Lane\)](#)

Every Thu, Jan 9th, 16th, 23rd, 30th | 4 - 5:30pm

Registration is encouraged.

Drop-in welcome.

How To Adult Series (Coming in February)

Learn life skills that will aid in the transition towards late teen and early adulthood.

Topics include: Housing, Employment, Financial Literacy, Emotional Wellbeing and more

Information Sessions

Join us in-person to get information that will help develop healthy habits:

- **Study Habits (Jan 13):** Gain practical & effective tips to enhance your studying, along with time management and destress during exam season
- **Healthy Eating (Jan 20):** Learn the basics of nutrition and meal prep. Gain practical skills through hands-on activities.
- **Healthy Habits (Jan 27):** Learn life skills and habits that promote a healthy lifestyle; personal hygiene, sleep habits, and more

In-Person at [Burlington YMCA \(500 Drury Lane\)](#)

Registration is required for Healthy Eating, and is encouraged for other sessions.



For details & registration, fill out our interest form on ymcahbb.ca/be-wise

email: be.wise@ymcahbb.ca
call/text: 289.244.3288

Be Wise is open to Halton youth (ages 12-18).

Our Youth Outreach Workers also provide free individualized one-on-one support. Connect today.