



sherbourne **HEALTH**

express at SOY

Wednesday night group for newcomer and refugee LGBT2SQ youth



DESCRIPTION

Are you an LGBT2SQ youth 29 and under, who is a newcomer, refugee, refugee claimant, or non-status person living in Canada?

Are you looking for a place to build community with other youth from across the globe?

Express is a safer weekly health and wellbeing group where we honour your journey!

You'll find: a meal, workshops and discussions on issues important to you, group mentors and community guests.

WHEN & WHERE

Wednesdays

Meals served: 6-6:30 pm
Programming: 6:30-8:30 pm

Sherbourne Health
333 Sherbourne Street
Toronto

TTC tokens are available to get you to and from the group.

CONTACT

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What's going on for July?*

JULY 10TH

6:30 to 8:30 pm**

Programming

Life Skills workshop:

Mental Health

A conversation about mental health post pride and beyond.

Facilitators:

Aarti from the Newcomer Health Team

JULY 17TH

6:30 to 8:30 pm

Programming

Art-Based workshop:

Self-Care-aoke!

Pick your favourite song and sing your heart out in this free-to-be-yourself space.

Facilitators:

The Express Team

JULY 24TH

6:30 to 8:30 pm

Programming

Outing:

PICNIC

Get ready to enjoy snacking, storytelling and playing games outside together! If it rains, we will bring the picnic inside.

Facilitators:

The Express Team

JULY 31ST

6:30 to 8:30 pm

Programming

Life Skills workshop:

Healthy Relationships

SNAP will join us to discuss sex, dating, and everything in between and beyond.

Facilitators:

SNAP (Supporting Newcomer Access Project) from Planned Parenthood Toronto

*Programming subject to change

**Meals served from 6-6:30 pm