



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 August?*

AUGUST 7TH

6:30 to 8:30 pm**

Programming

Settlement workshop:

Settlement Bingo

The ability to find a community where you are loved for who you are is one way to make a new country feel like home. In this settlement-themed game night, finding community has never been more fun!

Facilitators:

The Express Team

AUGUST 14TH

6:30 to 8:30 pm

Programming

Self-care workshop:

Newcomer Health Team

A conversation about our mental health as newcomers.

Facilitators:

Aarti from the Newcomer Health Team

AUGUST 21ST

6:30 to 8:30 pm

Programming

Arts-based workshop:

Drag Workshop

We can express gender in so many different ways. Have you ever wanted to try on high heels and/or put on lipstick and/or paint a glitter beard and/or lip sync to your favourite song? Then this Drag 101 workshop is for you.

Facilitators:

Ms. Nookie Galore from The Express Team

AUGUST 28TH

6:30 to 8:30 pm

Programming

Outing:

End of Summer Campfire

Join us as we say goodbye to summer and usher in the fall with hot dogs, storytelling and new memories/future dreams over a campfire.

Location:

To be determined

Facilitators:

The Express Team

*Programming subject to change

**Meals served from 6-6:30 pm