



## YMCA of Owen Sound Grey Bruce

700 10<sup>th</sup> Street East, Owen Sound, ON N4K 0C6  
519-376-0484 | [ymcaowensound.on.ca](http://ymcaowensound.on.ca)

### Connect with us Online!

Facebook: [@YMCAOSGB](#) or [@YMCAEmploymentOSGB](#)

Instagram [@YMCAOSGB](#)

### Health & Fitness:

Get your comfy pants on and join Kathleen, **live on Facebook every Monday and Thursday at 10am for YOGA**. Your flexibility, strength and concentration will be improved through a series of yoga postures and breathing techniques. These 30 minute sessions are great for all skill levels. No equipment needed. Tune into the live session or catch the replay on our Facebook page.

Our fitness team is encouraging you stay active, while staying home. **Join Trevor on Instagram or Facebook for a brilliant at home workout** you can do alone or with the kids. Keep track of your reps and share them with us in the comments. Missed a workout, don't worry you can always catch the replay.

### Child Care:

If you have young children at home, they'll love tuning into our Facebook page for **story time and sing along with our Child Care staff**. Children will feel like they're in the same room as the reader as they get a close up of the pictures and sit quietly to listen.

### Employment Services:

If you're laid off and/or job searching our Employment Services staff are here for you. **Learn about programs and services available to you and get job search tips and resources live on Facebook**. Connect with an Employment Advisor to get help applying for the new CERB and find out about other community supports that may be helpful to you during this time. Call 519-371-9222, leave a message and an Employment Advisor will get back to you.

Our Job Developers are here to take some of the load off of employers so they can focus on their business. We'll help employers fill full-time, part-time and temporary positions with suitable and reliable staff. **Employers can connect with a Job Developer by calling 519-371-9222** and leaving a message, your call will be returned promptly during business hours.



### **Housing Services:**

The YMCA Housing Support Program is continuing to provide emergency shelter across Grey and Bruce Counties. Staff are working remotely and are available by phone, email, text and are being very creative with new technology to connect with people in need. **Call 519-371-9230 ext. 5 or email [housing@osgb.ymca.ca](mailto:housing@osgb.ymca.ca)**

### **Community Initiatives:**

Youth in Transition Workers (YITW) are also working remotely and are available via phone, email text and online. YITW offers support to young adults who have or had connection to the child welfare system as they transition into independent living. A Youth in Transition Worker will help the young adult identify and pursue personal goals, connect with community supports and promote healthy lifestyle choices. **Check out Tabitha's Facebook Live** for more details and how to connect with a worker.

Community Justice staff continue to stay in touch with clients and community partners to keep them updated and connected to supports. The YMCA works with Crown Attorneys and Police Services throughout Grey and Bruce Counties to deliver community based programming for youth and adults involved in minor criminal offences.

Kourtney from the Youth Gambling Awareness Program (YGAP) is preparing to deliver **programming live on Facebook**. Stay tuned for more details. The Youth Gambling Awareness Program (YGAP) is a free service offering educational prevention programs designed to raise youth awareness with regards to gambling, healthy/active living and making informed decisions.