

LOL

LIVING OUT LOUD

AGES: 13 - 17 (FEMALE YOUTH ONLY)
STARTS: JULY 14, 2021
EVERY WEDNESDAY FROM 4 - 6 PM*
***6-WEEK PROGRAM AT THE LION'S CLUB**


Develop relationships, respect and self-esteem. Food, fun, activities, and real talk in a safe place.

DISCOVER YOU AND YOUR GOALS

Topics include: Self-esteem, mental health, healthy relationships, body image, social media, self-care and coping skills

Youth must register before attending and are expected to attend each week.

TO REGISTER, EMAIL: BURNS@WOCRC.CA



Ce programme est offert seulement en anglais. Si vous souhaitez recevoir des services en français, veuillez communiquer avec CRCOO au 613-591-3686.