

YWCA Girls' Centre | 3090 Kingston Road, Suite 401,  
Scarborough, On. | 416.226.1232

# YWCA TORONTO **GIRLS' CENTRE**

# WELLNESS CONNECTIONS

**WHEN:** Every MONDAY From OCT 21st, 2024- DEC 2024

**TIME:** 4:30-6:30p.m

**WHERE:** 3090 Kingston Road, Suite 401,  
Scarborough, On., M1M 1P2

**WHO:** Youth Ages 14-18



PHOTOS: Canva

## **PROGRAM INFORMATION:**

Allowing youth ages 14-18 to explore individual strengths while being vulnerable to reflect, share perspectives and create compassionate connections that are self-directed and positive.

This life skill program focuses on youth's core determinants of health. Introductory tools will help participants practice and understand mind conditions.

## **TO REGISTER, PLEASE CONTACT:**

**DUNIA AZZARA AT**

**[DAZZARA@YWCATORONTO.ORG](mailto:DAZZARA@YWCATORONTO.ORG) OR**

**MONICA LIN AT [MLIN@YWCATORONTO.ORG](mailto:MLIN@YWCATORONTO.ORG)**



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