

LIVING LIFE TO THE FULL

for youth

BROUGHT TO YOU BY:



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

12 HOURS THAT CAN CHANGE YOUR LIFE

WANT TO FEEL HAPPIER, HAVE MORE ENERGY, GAIN CONFIDENCE,
ENJOY BETTER RELATIONSHIPS, FEEL LESS STRESSED AND DEVELOP
SKILLS TO DEAL WITH LIFE'S CHALLENGES?

WHEN:

Every Tuesday
Starting:
July 5
Ending:
August 23

4:30-6 PM

WHERE:

YMCA | YWCA
of Guelph

130 Woodland
Glen Drive
Guelph, ON
N1G 4M3

COST:

FREE
for students in
Grades 9-12+
at UGDSB or
WCDSB

Meals are
included

REGISTRATION DEADLINE: JUNE 29

REGISTER



Upper Grand
District School Board

Wellington
Catholic
DISTRICT SCHOOL BOARD



FAITH IN
EDUCATION



THE GROVE
YOUTH WELLNESS HUBS ONTARIO