

Building-A-Self-Care-Toolkit Workshop

Fun, interactive Workshop for Parents and Kids. Includes Workbook and printable Toolkit.

July 9 10:00-11:00

<https://www.eventbrite.ca/e/building-a-selfcare-toolkit-for-parents-and-kids-tickets-110330617848>

July 17 10:00-11:00

<https://www.eventbrite.ca/e/building-a-selfcare-toolkit-for-parents-and-kids-tickets-110330766292>

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Youth Mental Health for Caring Adults

Youth Mental Health for Caring adults – youth-led interactive workshop with trained youth speakers who share their personal stories to increase understanding of issues relevant to today's youth such as anxiety, depression; bullying and social media, and tips to create a safe space for youth to talk.

June 25 7:00-8:00

<https://www.eventbrite.ca/e/youth-mental-health-for-caring-adults-tickets-108024325666>

July 28 10:00-11:00

<https://www.eventbrite.ca/e/youth-mental-health-for-caring-adults-tickets-110329801406>

July 30 10:00-11:00

<https://www.eventbrite.ca/e/youth-mental-health-for-caring-adults-tickets-110619640322>

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