



Women's Group



When: Every Tuesday evenings, starting January 23, 2018

Time: 6:00pm — 8:00 pm

Where: Stouffville District Secondary School
801 Hoover Park Drive, Stouffville

Languages: Tamil and English

You are welcome to Join Anytime!

- Positive Parenting skills
- Effective communication
- Managing stress and anxiety
- Developing healthy relationships
- Mindfulness
- Many more topics discussed weekly

Registration and more information Please Contact

Sudha Coomarasamy –Family Services for York Region -
905 415 9719

Initha– Subramaniam - York Region District School Board—
905 884 2046 ext 228

YOGA

INFORMATION
SESSIONS

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