



YOUTH RESOURCE CENTRE

a division of New Canadians' Centre of Excellence Inc.

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC

Healthcare for You
Des soins de santé pour vous

VYRC PRESENTS

MARCH BREAK MINDFULNESS

JOIN US ON ZOOM:

THURSDAY, MARCH 17TH, 2022

2:30 - 3:30 PM

Join VYRC March Break Mindfulness session with weCHC – Teen Health and explore tools that promote awareness, well-being, and reflection.

Please email: jtoman@nce1.org for more information.

Registration Information: Registered clients will receive an invitation prior to the date of the session, and they will be provided with the ZOOM ID and password.

Client Eligibility: All eligible clients are welcome.

Funded by:  Immigration, Refugees and Citizenship Canada / Immigration, Réfugiés et Citoyenneté Canada

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