

**YRC PRESENTS**

# **TECH AND WELLNESS WORKSHOP**

Boost your wellbeing through tech at NCCE Inc.'s Youth Resource Center (YRC) and explore how apps and digital tools can enhance your emotional wellness and strengthen your self-care intentions all in a supportive and youth focused space.



**July 17, 2025**

**3:30pm – 5:00pm**




**NCCE Inc.  
WWB Branch  
3235 Sandwich Street**



***Open to all eligible youth ages 18–24***

For more details and to register visit: [www.ncceinc.org](http://www.ncceinc.org) | 519-258-4076

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