

YRC PRESENTS

Wellness Workshop Series

NCCE Inc.'s Youth Resource Centre (YRC) Wellness Sessions focus on essential mindfulness practices. Join us and explore areas of active listening, connecting with confidence and building sustainable self-care routines.



October 2 & 30, 2025

3:30PM – 5:00PM

Featuring

➤ **Effective Communication & Connecting With Confidence**

Experience authentic engagement, creative capacity, and self assurance.

📍 **Midtown** Branch, 1214 Ottawa Street.

➤ **Mindfulness, Emotional Strength & Resilience**

Explore aspects of self compassion, acceptance and adaptability.

📍 **WWB** Branch, 3235 Sandwich Street.



Open to all eligible youth ages 18-24

For more details and to register visit: www.ncceinc.org | 519-258-4076 Ext. 1205

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