

YRC PRESENTS

Wellness Workshop Series

Join New Canadians' Centre of Excellence Inc's Youth Resource Centre (YRC) for a Wellness Workshop Series that explores and expands mental and emotional resilience.

FEATURES

➤ Emotions in Motion

Understand your emotions, strengthen self-awareness, and communicate with clarity.

 **WWB Branch**, 3235 Sandwich Street.

➤ Movement and Self-Expression

Connect your mind and body while discovering new ways to express yourself.

 **Midtown Branch**, 1214 Ottawa Street.



December 4 & 11, 2025

3:30PM – 5:00PM

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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