

GIRL TALK

MEDIA SOURCE

Through exercises, activities and media, you will learn healthy ways of navigating and coping while having fun and getting an opportunity to meet new friends!

TOPICS INCLUDE:

- ◇ SELF-ESTEEM
- ◇ SOCIAL MEDIA
- ◇ HEALTHY RELATIONSHIPS
- ◇ AND MORE...

Ages 13-18
girls only

JOIN THE CONVERSATION



 **WHEN: WEDNESDAYS 4:00 PM - 5:30PM**
WHERE: YOUTH CENTRE @
45 OVERLEA BLVD, UNIT 108

Need more info? Contact ODITA
OMYERS@TNO-TORONTO.ORG