

VYRC GIRLS CLUB SESSION

**THURSDAY, JULY
30TH, 2020
3:30PM**



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

On Thursday, July 30th, at 3:30pm, girls are invited to join a virtual YRC session hosted on Zoom featuring Teen Health Centre's (weCHC's) Jodi Pearce. Join us for:

- A conversation on how to manage COVID-19 anxiety and maintain safety in and out of the home
- Ways that you can make the best of your summer while practicing self-care

For more information and to register, contact YRC at (519) 258-4076



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