

# VYRC MANAGING SCHOOL STRESS SESSION

THURSDAY, SEPTEMBER  
24TH, 2020  
3:30-4:30PM



NEW CANADIANS' CENTRE OF  
EXCELLENCE INC.

**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

Youth ages 15-18 are invited to join a virtual session hosted alongside weCHC – Teen Health outlining healthy coping strategies and tools to use to manage stress as you enter a new school structure and follow COVID-19 health measures

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



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