

YRC PRESENTS

WELLNESS WORKSHOP SERIES

MIND-BODY CONNECTION SESSION

Join NCCE Inc.'s Youth Resource Centre (YRC) action-based workshop where technology and self-care connect. Explore how emotions work, discover mindful tools, and learn to "code your feelings" in a space designed for reflection and growth.



May 22, 2025
3:30pm – 5:00pm



NCCE Inc.
MTB Branch
1214 Ottawa street

For more details and to register visit:

www.ncceinc.org | 519-258-4076 Ext. 1205

Open to all eligible youth ages 18 – 24

LIGHT SNACKS AND REFRESHMENTS WILL BE SERVED

