

# Wellness Workshop

Join New Canadians' Centre of Excellence Inc.'s Youth Resource Centre (YRC) for a mindfulness workshop that explores and expands mental and emotional wellbeing.

## FEATURES

### ➤ Confident Communication: Say It Your Way

Build confidence through authentic self expression.

📍 **Midtown Branch (MTB)**, 1214 Ottawa Street.

### ➤ Adapt & Thrive

Enhance resiliency with sustainable self care habits

📍 **Windsor West Branch (WWB)**, 3235 Sandwich Street.

📅 **Thursday, May 14 & 21, 2026**  
**3:30PM - 5:00PM**

FOR MORE DETAILS AND TO REGISTER:

📞 **519-258-4076 Ext. 1205** 🌐 **www.ncceinc.org**

Light snacks and refreshment will be served

