



A Journey of Self Discovery for the Life YOU Want

4 Interactive Online Small Group Workshops plus 1:1 personal facilitation
Youth aged 14-29 experiencing social isolation & barriers to inclusion

Discover your unique gifts, strengths and interests - LINK them with people and resources in your community - Begin building a Personal Network of Belonging

DATES AND TIMES:

Thursday Nights

6:00 p.m. to 8:00 p.m. - via ZOOM

March 3 to March 31

Registration Deadline - February 23

COST: FREE

Use the link below to complete the registration form

<https://forms.gle/vvYmvhvS8eW4KVgdA>

Sessions are limited to six participants, plus one Planning Partner you are in a trusted relationship with (parent/guardian, relative or close friend)

Please email info@bridgestobelonging.ca for more information.

A Resilience Partner Project



Presented by Bridges to Belonging



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