



**YOU
CAN DO IT!**

Virtual Youth Life Skills

4-Week Sessions Offered Monthly

Calling all youth ages 7-14! Join our monthly Youth Life Skills program. Every Wednesday from 5-6:30 pm you can tune in live to learn valuable life skills that will increase your independence and confidence. Participants will learn skills such as using various hand tools, meal preparation, how to tie a tie, how to sew a button, using manners, budgeting, how to change a tire, and more!

Registration for November and December sessions now open!

Registration is limited. To be included in the live Zoom, please send an email to Travis Dukelow, Youth and Community Health Worker, at tdukelow@brockchc.ca. Questions? Call 705.432.3322.

