

Hamilton Regional Indian Centre | 34 Ottawa Street North

YOUNG

# MIND BODY & SOUL

All youth ages 14 - 24 welcome

October 15th, 2016  
10:00am - 5:00pm

Female Identified



November 5th, 2016  
10:00am - 5:00pm

Male Identified



November 26th, 2016  
10:00am - 5:00pm

LGBTQ-Two Spirit



Lunch and bus tickets will be provided

Plus..... **DOOR PRIZES**



Oahas

*Topics to be discussed include:*

**Mental Illness vs Mental Wellness**

**Safe Sex**

**Suicide Awareness**

**and more...**

Registration is limited to 50 participants per session

Contact Sheryl Green @ 905-548-9593 or Laura Williams @ 905-528-7070 to register