



# Therapeutic After School Programs

MONDAY to FRIDAY 3:30pm - 5:30pm  
195 JAMES ST N., HAMILTON, ON

## WHAT WE OFFER

- ✓ Emotional/social/behavioural skill based programming
- ✓ Certified child and youth counsellors
- ✓ Flexible drop-in times and pricing
- ✓ Mindfulness, sensory, and various expressive art and play programs that nurture children's mental health

**SIGN UP AND REGISTER NOW**

EMILY@LIGHTYOURJOURNEY.COM

