



# HOT TOPICS

SUMMER PROGRAMMING 2019

**DROP IN**  
**140 KING STREET WEST**

**AGES 11-25**  
**THURSDAYS 1:30 - 3:00PM**

JOIN YOUR PEERS AND CHOOSE FROM TOPICS SUCH AS:  
**ANXIETY, DEPRESSION, MINDFULNESS, ANGER, HEALTHY  
RELATIONSHIPS, ASSERTIVENESS, STRESS MANAGEMENT,  
SCHOOL TIPS, ONLINE SAFETY**

**STARTS JULY 11TH!**

**FOR MORE INFORMATION CALL 519-437-6329 EXT. 6010**

