In Ukrainian

Mental health matters

Keys to well-being for teens



Join a Mental health session for Ukrainian adolescents (10-12 grade)

- Learn about mental health, its role and importance, especially in adolescent period
- How to deal and cope with stress and anxiety
- Exercises focused on strengthening mood/body/mind
- When to ask for help
- Q&A



September 24

1:00 PM

In-person, Etobicoke

Father John Redmond Catholic Secondary School, 28 Colonel Samuel Smith Park Dr

In partnership with CultureLink

To register, please contact Olga Potikha: olgap@mnlc.ca

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