

Youth Wellness Lunch & Learn

Join us for a fun, interactive session focused on

Managing stress

Setting personal wellness goals

Balancing school, work and home life

LUNCH PROVIDED!

November 12

12 PM - 2 PM



FOR MORE INFORMATION CONTACT

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905-686-2661 ext. 145 or 437-431-5003



Welcome Centre - Ajax

458 Fairall Street, Unit 5

Ajax, ON L1S 1R6

Toll-free: 1-877-761-1155

www.welcomecentre.ca



Welcome Centre Lead Agencies:

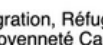
Ajax – Community Development Council Durham

Oshawa - Community Development Council Durham

Pickering – Durham Region Unemployed Help Centre

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