



MONDAY EVENINGS

LIBRARY BASEMENT
BEGINNING MONDAY, NOV. 19TH
4:30 PM TO 7:00 PM

BUFFALO RIDERS

Together, Family Services and the Health Centre Mental Health Team will be providing the program to community member's wishing to enhance their awareness of identity, understanding both their emotions as well as develop more tools for alcohol and drug prevention and postvention.



Adult Program

Emotional Literacy
Development

Tools for
maintaining
Wellbriety

Refreshments
Provided

Certificates &
Giveaways for
Completion of
Program

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