

PHS School Council Minutes

Date: November 6th, 2019, 7:00pm – 8:00pm

Present: Linda Boland, Jeevan Vivegananthan (PHS School Council Chair), Paula Bender (Principal), Linda Brennan (PHS Staff Rep), Kathilee Porter, (*full parent attendee list not recorded)

Next meeting: **Wednesday, January 15th, 2020 @7pm, Library**

1. Welcome & Introductions (Jeevan Vivegananthan)

- School minutes can be found at <https://phs.wrdsb.ca/about/school-council/>

2. SAC Update (students Victor and Jacob)

- **Pep rally** was held at the beginning of October. Good turnout and a good football game with the food drive bringing in over 1300 items.
- **Multicultural week** was a highlight with lots of students gathering during break to sample diverse foods and to watch a fashions-of-the-world show that the students put together. Diwali ('Festival of Lights') was celebrated with traditional Indian sweets.
- **Halloween** was celebrated in a number of fun ways
 - The annual Halloween dance brought out almost 400 students
 - Almost half the home room classes participated in a door decorating contest
 - A pumpkin carving contest was a hit with many with all the pumpkins being generously donated by Mr. Tilt, a teacher who runs a farm
 - A costume contest got the students dressed up and voting on their favourites.
- **Intramural sports at break** - with Jacobs lead, the athletic council is now running sports intramurals at break almost every day. The admirable student led goal is to get the gym to be more inclusive and open for students of all levels and abilities by offering a variety of sports from badminton to volleyball to ultimate Frisbee and so on in a fun, co-ed experience. So far, 15-20 students are participating in intramurals every day in one half of the gym while the other half is continuing to be used for basketball.
- **"Inside Ride" fundraising event on November 14th**, which is a fund-raising cancer awareness program, is being run with stationary bikes, team themes and costumes. It was last held two years ago and the teachers in particular, were a hit with their costumes.
- **Grade 8 Open House on November 28th** - introducing PHS to prospective parents and grade 8 students alike
- The **30th Annual Seniors Dinner** is taking place on **December 4th** this year. With fantastic cash donation from the Cambridge Highland Lions Club, transportation, food and catering are all accounted for and over 150 volunteer students and almost all the teachers will host over a 100 seniors. Stay tuned for pictures and highlights from this much loved school annual school event in the January meeting minutes. In fact, watch for coverage by local media just after the event as they have all been invited.
- A **"Sounds of the Season" concert** will be held on Thursday, December 12th at 7pm

3. Langs Teen and Youth Wellness Hub

- <https://www.langs.org/programs-services/community/youth-teen-centre> with additional reference information and contacts at the end of this document
- Darcy Edwards and Dana Moyer presented programs and local services offered within context of the Langs Youth Teen Center and Youth Wellness hub

- The overall mission is trying to house multiple layers of resources and services all in one space with elements targeted to youth and in our case, focusing on grade 9 to 12s.
- The center offers recreational, career, wellness counselling and other services in a non-intimidating, relaxed, open and accessible way. Youth can walk-in and no referral service is required. Recreational activities like basketball are hugely popular as well as access to computers, games and other services with personal help available as the youth wish.
- Youth friend to friend word of mouth that it's a good space is the best way to get new members but Darcy, Dana and PHS are getting the info out there with displays in The Crush, on Google Classrooms among other ways. PHS and WDRSB staff even holds off-site meetings at the Youth and Teen Center.
- One of the council parents, Kathilee Porter, is on the board of directors of Langs and was passionately supporting the new youth and teen center as a great local offering.

4. Staff Update (Linda Brennan)

- A wide variety of **Extracurricular Sports and Clubs** are offered to students
 - The fall 2019 schedule can be seen on the Student Life section of the PHS website <http://schools.wrdsb.ca/phs/files/2019/11/Extracurricular-Activities-offered-at-PHS.pdf>. A few select highlights...
 - FED PROV is a government issues club where each school researches and creates position papers participating in a parliamentary council
 - ART CLUB is open to anyone and is also very popular as a place to create art and to socialize. The space is actually quite crowded now so PHS is considering options.
 - ART COUNCIL - runs activities in the school in drama, visual arts etc.
- **Math Contests** - not included in the list above are multiple academic math competitions that PHS participates in, including an upcoming competition in early February
- With **University and College applications due**, the primary school focus is currently on Grade 11 and 12 students but Linda Brennan noted that all grades can participate and it's never too early to start, even for interest's sake. Kathilee Porter also had some good parent-to-parent advice to offer on the same topic (covered later in these minutes).
- Parents and the teachers discussed the **Grade 9 take your kid to work day**. Some parents wondered if the program should be offered at multiple grade levels to allow some exposure to a wider variety of job types.
- **Google Classrooms is the primary way to share on-line information with students.** Enrollment (registration) is being checked. Among other examples shown to parents, a link to free courses offered by the Perimeter Institute (world famous physics research institution located in KW) could be of great interest to many students.

5. Principals Report (Paula Bender)

- **Vaping** – quite a serious discussion over what both the school and parents feel is a very serious health issue. Principal Bender noted that **one of the most alarming trends is that while teen cigarette smoking numbers are at all-time lows and in decline, many students are vaping who would never have been smokers.**
 - Furthermore, some parents and teens are not necessarily fully informed so the risks are not really understood by all. **Vaping is not safe for students** though available government literature states it as a “risk” (due to a lack of current legislation).

- Additionally, vaping practices such as **“zeroing” (holding in the vape smoke and letting it diffuse into the lungs) can be extremely dangerous.**
- **Vaping (and smoking) is NOT permitted anywhere on school property.** Principal Bender noted that a very large number of students complain about vaping and want the practice stopped outright. However, enforcement is much more challenging than smoking due to the relative invisibility, ability to quickly hide a vape as well as a harder to detect odour.
- Granted the issue is complicated with the interaction of vaping tools, practices, chemicals and additives, but vaping is increasing at very alarming rates with youth. WDRSB, PHS and parents are all deeply concerned with awareness being the first step.
- Some additional resources:
 - <http://schools.wrdsb.ca/phs/files/2019/10/Vaping-Tip-Sheet.pdf>
 - https://www.canada.ca/en/services/health/campaigns/vaping.html?utm_source=canada-ca-vaping-info-en&utm_medium=vurl&utm_campaign=vurl
 - Additional document captures at the end of this document
- **Bullying** - Principal Bender reviewed some of the school support resources and policies regarding bullying.
 - The difference between bullying (aggressive behavior that is repeated over time where one party is aggressive and there is a significant power imbalance) and student-to-student conflict (students not being kind to each other in some serious manner) was discussed. Principal Bender noted that the approach to resolution is the same but that one of the keys is making the school aware of problems. In the absence of information, the school often has to assume all is going okay but do keep a watchful eye on students.
 - Principal Bender noted that the involvement of the family and student is key and that the school would not take any action without partnering and consultation.
 - Parents discussed the culture of youth capturing and posting videos rather than putting the phone down and actively trying to intervene. Principal Bender noted that some students have been challenged on this type of behavior.
 - In a positive view, Principal Bender noted that while there are serious issues to be dealt with, she was really encouraged by seeing many examples of students standing for others and other causes to celebrate.
- **Remembrance Day** – PHS has a wreath and two students will be laying it on Monday, November 11th at the local Preston service at the Cenotaph. A veteran and a PHS graduate who is currently serving in the military are coming to talk to students as well.

6. Parent 2 Parent Communications

- Kathilee Porter, a parent on our council, shared some very helpful tips for others.
 - **French exchange**
 - Taking Gr 10 Civics and Career courses in summer as well as a biology course in Grade 11 allowed her daughter to bank credits to make it easier to keep up with a French Exchange program she was involved in where other kids had to drop a year to keep up.
 - **“Explore Program”** <https://www.myexplore.ca/en/>
 - A free (needs to be confirmed) deep French immersion program that is 6 weeks long. You only have to apply and there is a lottery system to

award the winners. There are posters about it in the school and in guidance at PHS.

- Parents and students may want to keep in mind that if they enter the program in grade 12, a university credit may be available.
- **Post-Secondary Scholarships** - start looking and doing the work in Grade 11
 - Grade 12 is stressful enough with marks, getting to open houses so start early in grade 11, especially considering scholarship applications which are unique in terms of requirements and deadlines.
 - In particular, a larger number of scholarships go unclaimed, mainly because students don't apply so doing your research in grade 11 is important. Often essays and applications cannot be reused verbatim and some of the deadlines are earlier than university application dates.
 - There are many online programs and resources to help identify scholarship opportunities. An example (fee for service) is <https://www.mycampusgps.ca/howtofindscholarships> but this isn't the only one and is not specifically being endorsed.
- **Grade 9 Support** (and for any grade at that)
 - Parents discussed concerns around how to best help any students, grade 9 who might be stumbling a bit in getting adjusted to PHS school life.
 - Guidance counsellor Brennan emphasized that parents can call in, even if smaller issues. The guidance office can reach out to students to check in. Often this starts with a simple meeting to review academics but will often open up to more involved conversations. Students too can reach out on their own of course. Importantly, the PHS guidance office and principal emphasized that they are not too busy and like to get involved if a student is experiencing some form of distress, mild or otherwise.
 - For students who have nowhere to go for lunch, they can go to Room 113 where there are resources but really, is a simple and open space to hang out.
 - Parents suggested a buddying system for new students with a senior who could show them the ropes. That was a well-received idea by Linda Brennan.

7. Planning for Future Meetings

- Review "MyBluePrint"
- Enhanced Program update

8. Additional Reference Information

- On following pages – please contact Jeevan Viveganathan at vivegan@sympatico.ca if you wish to get a high resolution copy or to see the originals. PHS also has the information available and references have been made to the website where possible.

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/jv

Vaping facts

Anyone that isn't a current smoker of tobacco cigarettes should not vape

If youth are current users and express the need to vape during the day, refer them to their health care provider

A vape device is battery powered and produces a vapour the user inhales

Vaping health effects

Short-term

- dizziness and light-headedness
- throat irritation
- coughing and increased heart rate
- increased blood pressure

Long-term

The effects of long-term, frequent exposures to vapour are not yet fully known

Vapour may contain nicotine, cannabis, illicit drugs, flavourings and other harmful chemicals

Nicotine can lead to addiction and harm the developing adolescent brain

Increases the likelihood of youth starting to smoke cigarettes

Grade 7 to 12 Students Vaping Stats, 2016-2017

Vaping continues to increase among youth and young adults

23% felt there was no risk of harm from vaping once in a while

11% have vaped

Region of Waterloo PUBLIC HEALTH AND EMERGENCY SERVICES

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS

BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- Vaping can increase your exposure to harmful chemicals.
- Vaping can lead to nicotine addiction.
- The long-term consequences of vaping are unknown.
- It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping. Instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Quick facts

- Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7-12 have tried an electronic cigarette.
- There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.

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Canada

Set a positive example

If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosomekefree.gc.ca or call 1-866-366-3667.

Vaping is not intended for youth and non-smokers.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a meaningful conversation, not to give a lecture.

Get support

- Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING

Don't expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD'S SCHOOL

- Confirm that there is no tobacco or vaping product use at school events.
- Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- Lobby for tobacco and vaping prevention and cessation training for teachers.
- Encourage other parents to get involved in school-based tobacco and vaping prevention programs.


For more information, visit: CANADA.CA/VAPING

LANGS (Please contact Langs <https://www.langs.org/programs-services/community/youth-teen-centre>, the school or Jeevan @vivegan@sympatico.ca if the pictures below are not readable and you want to the original information. **1145 Concession Rd, Cambridge, located on 2nd floor, Cambridge, open Monday-Thursday 8:30am-8pm, Friday closes at 4:30 For more information langs.org**

Top two cards for Darcy and Dana who presented to council

- 1) Darcy Edwards, Community Services Youth Wellness Hub Coordinator, darcy@langs.org , 519-653-1470 ext. 357
- 2) Dana Moyer, Youth and Teen Centre Community Youth Worker, danam@langs.org, 519-653-1263 | 519-653-1470 ext. 363





YOUTH TECH CENTRE

HOURS OF OPERATION
Extended Hours

Monday	Tuesday	Wednesday	Thursday	Friday
12-8pm	9-5pm	12-8pm	9-8pm	9-4:30pm
			<i>**New**</i>	Open PD days

The Youth Tech Centre is for youth in Grades 6+ Homework, Resumes, Fortnite, Minecraft, Games, Music and More!

For more information about the Youth Tech Centre please contact Laura at 519-653-1470 X 361
Or
laural@langs.org



NEW DROP-IN SCHEDULE

Starts on Monday Oct. 28th


Drop-In Mondays
@ YTC 581-E Langs Dr.
Grades SK-5: 6-7:30pm
Grades 6-12: 7:30-9pm

Open Gym Tuesdays
WG Davis PS 530 Langs Dr.
Grades SK-5: 6:30-7:30pm
Grades 6-12: 7:30-8:30pm


HOOPS Wednesdays
Langs Tech Centre, 2nd fl 1145 Concession Rd
Grades 6-12 ONLY
6-8pm Tech centre
8-9pm Langs Gym

Drop-In Thursdays
@ YTC 581-E Langs Dr.
Grades SK-5 ONLY
6-7:30 pm

Questions??
Contact Dana Calma
519-653-1470 X363
or
danac@langs.org

CAMBRIDGE CAREER CONNECTIONS
is now offering services @



LOOKING FOR WORK?

CAMBRIDGE CAREER CONNECTIONS CAN HELP!!

SERVICES BEING OFFERING AT LANGS INCLUDE:

- ✓ 1:1 Support from an Employment & Training Coordinator
- ✓ Prepare a marketable resume and/or cover letter
 - ✓ Access to current job postings
- ✓ Assistance with job search skills, interview skills, and tips for keeping your job
- ✓ Enhance your knowledge through informative workshops – watch for upcoming dates!
- ✓ Participants may be eligible for Job Development Services with job placements
- ✓ Youth Job Connection Program (ages 15-29) & Youth Job Connection Summer Program (students ages 15-18)
- ✓ Second Career Applications for Laid Off Workers

SERVICES AVAILABLE TO ANY AGE!

Come see us in the Youth Wellness Hub (2nd floor) every Tuesday & Wednesday from 1:30 - 4:30


Also watch for workshops geared to both Adults and Youth!

Services funded by: **EMPLOYMENT ONTARIO**

Langs Info cont'd

PROGRAM GUIDE

2019



Welcome to our annual program guide that highlights programs and services we operate throughout the year. Should you have any questions about the programs included in this guide please visit our website, call 519-653-1470, or email us at info@langs.org

VOLUNTEER TODAY!
At Langs, volunteers are an essential resource. We are looking for volunteers to assist with child, youth and adult programs, administrative tasks and special events. For more information, please call our Volunteer Coordinator at extension 232.

All programs are held at our Main Site – 1145 Concession Road in Cambridge – unless noted. Some programs are only available to participants in the Langs catchment area – please contact us for more information.

PROGRAM REGISTRATION INFO

SESSIONS	REGISTRATION DATES 2019
Winter 2019	January 8
Spring 2019	March 26
Summer 2019	June 25
Fall 2019	September 10

EARLY YEARS PROGRAMS

SEPTEMBER-JUNE

Parent, Caregiver and Tot
An interactive program for parents/caregivers and their children ages 0-6 years.
When: Wed 9:30 - 11:00 am
Where: Main Site
When: Thurs 9:30 - 11:00 am
Where: Preston Mennonite Church

Early Years Childcare Provider Drop-in
A drop-in program for parents and caregivers of children 0-6 years. A variety of parenting workshops with different topics will be held.
When: Thurs 9:30 - 11:00 am
Where: Main Site

Little Chefs
A program where parents, caregivers and children 3-5 years will learn to cook fun meals and safety in the kitchen. Children will learn literacy and numeracy skills while cooking.
When: Fri 9:30 - 11:00 am
Where: Main Site
Cost: \$0 cents per child

Little Jumping Beans
Get moving with this interactive program promoting physical activity!
When: Winter: Tues Time: 9:30 - 11:00 am
Where: Main Site

1, 2, 3 Read with Me
A program for parents, caregivers and their children to have fun with literacy.
When: Mon 9:30 - 11:00 am
Where: Main Site

YEAR ROUND

Books for Birthdays
Books are provided to children between the ages of 0-16 years during the month of their birthday. See the Resource Centre for more details.
Where: Main Site

Healthy Child Screening Day
Screening Clinics are offered throughout the year at Langs for children 6 years and under.
When: April 9, 9:30 am - 12 noon
Where: Main Site

MARCH BREAK & JULY-AUGUST

Early Years March Break
Fun for parents/caregivers and their children 0-6 years.
When: March 12: Fun in the Gym
March 13: Build a Craft
When: 9:30 - 11:00 am
Where: Main Site

Outdoor Playgroup
An interactive summer program for parents and caregivers of children 0-6 years in the outdoor playground. Please check summer program flyers for more details.

www.langs.org | T: 519.653.1470 | E: info@langs.org

CHANGED LIVES, HEALTHY COMMUNITIES

YOUTH AND TEEN PROGRAMS

SEPTEMBER-JUNE

Afterschool Program
Join the Afterschool Program at Langs, sponsored by Ministry of Tourism, Culture and Sport. Meet new friends, spend time in the gym, healthy snack and fun activities.
From Grade 1 to Grade 5
When: Mon - Fri, 3:00 - 5:30 pm
Where: Youth and Teen Centre and Main Site
Cost: \$10.00 per week

PA Day Program
Join the Youth and Teen Centre staff for fun activities, games and crafts every PA day.
From Grade 1 to Grade 5
Time: 9:00 am - 5:00 pm
Where: Youth and Teen Centre
Cost: Varies depending on program
Check program guide and flyers for specific dates and times to register

SUMMER PROGRAMS

Open Outings
Teens (Grade 6 to Grade 12) will be going out for special teen outings around Cambridge in the summer.
When: Tues; time varies
Cost: \$5.00 per outing

Leaders in Training
For youth Grade 6 to Grade 12 interested in volunteering as a Leader in Training (LIT) with children's programs in summer.
Where: Youth and Teen Centre

L.E.A.D.
For youth Grade 6 to 12 who are interested in leadership and teamwork activities. It's a standardized certification program that provides youth with skills to become an LIT. Call for program registration and dates.
Where: Youth and Teen Centre

Adventure Playground and Summer Playground
Kids in Grades 1 to 5 can join us for summer fun at weekly summer camp programs. Activities include swimming, day trips, crafts, sports.
When: Mon - Fri: Half day (12:30 - 3:00 pm) and full day (9:00 am - 3:00 pm)
Where: Locations vary

YEAR ROUND

Open Gym
Fun variety of different activities, sports and games to play.
For Grade 1 to Grade 5
When: Tues 6:30 - 7:30 pm
Where: W.G. Davis School

Open Gym - Competitive Basketball
An opportunity for older teens to play competitive basketball.
For Grade 6 to Grade 12
When: Tues 7:30 - 8:30 pm
Where: W.G. Davis School

Evening Drop-in
Come to the Youth and Teen Centre to hang out with friends
Mon: Grades 3-5 6:00 - 7:00 pm
Grades 6-8 7:00 - 8:00 pm
Grades 9-12 8:00 - 9:00 pm
Wed: Grades 6-12 7:00 - 9:00 pm
Thurs: Grades 6-8 6:00 - 7:30 pm
Fri: Grades 3-5 6:00 - 7:00 pm
Grades 6-8 7:00 - 8:00 pm
Grades 9-12 8:00 - 9:00 pm
Where: Youth and Teen Centre

MARCH AND HOLIDAY BREAK

March Break Programs
March 11 - 15 at the Youth and Teen Centre. Each afternoon there will be a variety of games, outings, cooking and crafts.
From Grade 1 to Grade 5
When: Mon - Fri from 1:00 - 5:00 pm
Where: Youth and Teen Centre
Cost: \$20.00 per week

Holiday Break Program
Recreational youth programs held at the Youth and Teen Centre for Grade 1 to 5 during the Holiday Break in December/January.
When: Dec 27/28 and Jan 2, 3 and 4
Time: 1:00 - 5:00 pm
Where: Youth and Teen Centre
Cost: \$5.00 per day

WELLNESS WORKSHOPS

YEAR ROUND Workshops run at various times and in various locations throughout the year.


Take Charge
This is a workshop that helps people with any chronic or ongoing health conditions such as diabetes, heart disease, stroke, anxiety, pain, depression, and arthritis to better manage their symptoms.
A 6-week program (2.5 hours each week) offered throughout the year

Better Sleep
This program will help you learn strategies to relax your mind and body, to decrease insomnia, and to fall asleep or back to sleep easier.
When: A 5-week program held at various times throughout the year

PEP Program
This program is for people with diabetes to learn more about preventative care for your feet. It is led by a trained peer leader with the support of a health care professional.
Each workshop is 2.5 hours in length

www.facebook.com/LangsCommunity | @LangsCommunity | Charitable Registration No. 10759 6306 RR0001

YouthForce Presents



YOUTH WORKSHOPS

November 11 2019
6-8PM
Economic Success
Facilitated by Shiraz Ahmed
Langs
1145 Concession Rd. Cambridge
Room N210

November 15th 2019
10AM-3PM
PD Day Workshops
Facilitated by Rozzay
645 Westmount Rd E &
200 Christopher Dr

November 5th 2019
6-8PM
Healthy Financing
Facilitated by David Morales
Central Library
85 Queen St N Kitchener
Meeting Room A

November 11 2019
6-8PM
Resume Building
Facilitated by Danielle Prossen
Carizon
645 Westmount Rd E Kitchener




November 20 2019
6-8PM
Everyday Im Hustlin'
Facilitated by Harmony Adzido
Churchill Park
200 Christopher Dr. Cambridge

November 6th 2019
6-8PM
Transition to Work
Facilitated by Kinbridge
Wilford Rec. Centre
1291 Harzigen Rd. Baden

November 27th 2019
4-6PM
Professional Skills
Facilitated by Alicia Harper
Langs
1145 Concession Rd. Cambridge
Room N210

For more information or to register please e-mail:
youthforcecommunity@gmail.com
Or Call 519-629-3855

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