

# FOUNDATIONAL SKILLS



Building and strengthening foundational skills such as sleep, hygiene, learning about social needs and nutrition can set you up for success. Can attend all sessions or selected ones.

## DETAILS

Anyone between the ages of 16-24

### Dates & Topics

July 17 2025- Identifying Emotions

August 7 2025- Sleep

September 4 2025- Nutrition & Exercise

November 2 2025- Hygiene, Social, Spiritual



Scan for Referral



### Contact Information

519-751-5544 X 2126

walkingalongsideyouth@bchsys.org



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If the person is  
already connected to  
an MHOP program-  
No referral needed.



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