BrancareSystem

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

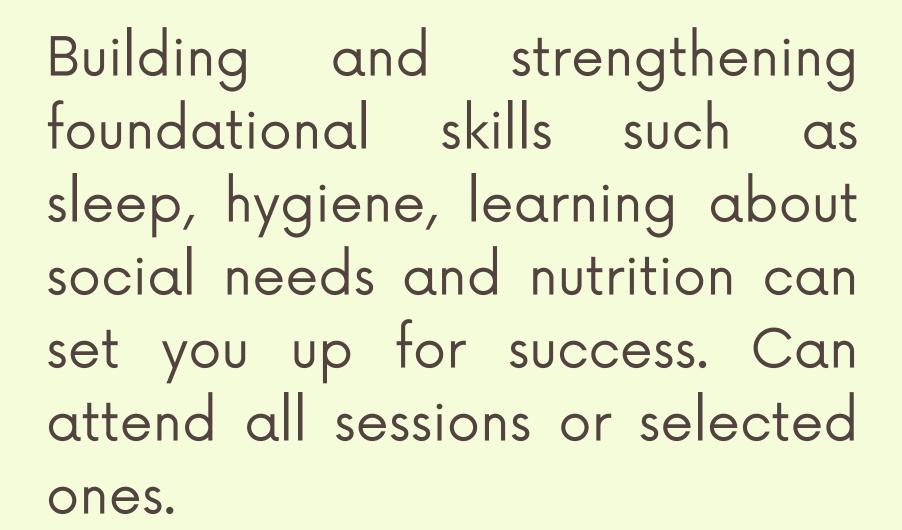
Contact Information

519-751-5544 X 2126 walkingalongsideyouth@bchsys.org

Brant Community Healthcare System

FOUNDATIONAL SKILLS







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



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