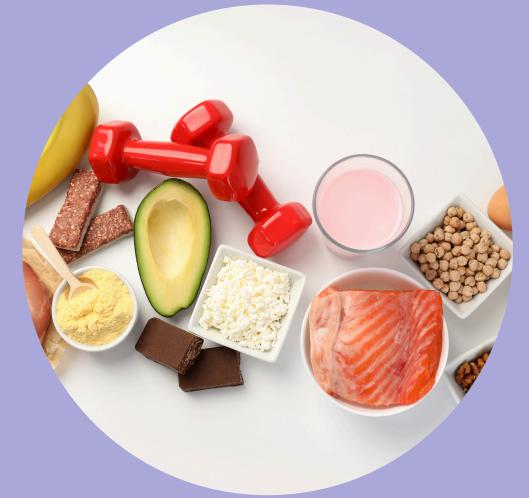


FOUNDATIONAL SKILLS







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 ext. 2126 walkingalongsideyouth@bchsys.org