

# 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