



2023 SUMMER PROGRAMS

EMBRUN
IT'S FREE!

Register now - Limited availability!



Information:
Carole Granata
613 282-5909
cgranata@valorispr.ca

Registration:
Naomi Brake
613 677-9052
nbrake@valorispr.ca





2023 SUMMER PROGRAMS

FRIENDS ON HOLIDAYS

This program is for youth who experience anxiety related to adolescence, peer pressure, bullying and stressful events. We offer the right tools to help build and maintain positive relationships by working on self-confidence, communication skills and conflict resolution.

Ages: 11 and 12

Dates: Tuesdays from July 4 to August 8, 2023

Time: From 10 a.m. to 12 p.m.

Location: Embrun Valoris Service Centre - 8 Valoris St., Embrun

GIRLS ON THE RUN CAMP

CampGirls on the Run provides a one-of-a-kind opportunity for girls to develop self-confidence and learn life skills they can use now and as they grow. Girls will enjoy building friendships in a fun and inclusive setting that includes interactive lessons, being physically active, and expressing creativity.

July

Ages: 8 to 13

Dates: July 5, 6, 7, 12 and 13, 2023

Time: From 10 a.m. to 3 p.m.

Location: Embrun Valoris Service Centre - 8 Valoris St., Embrun

August

Ages: 8 to 13

Dates: August 15, 16, 17, 18 and 21, 2023

Time: From 10 a.m. to 3 p.m.

Location: Embrun Valoris Service Centre - 8 Valoris St., Embrun





2023 SUMMER PROGRAMS

HEALTHY RELATIONSHIPS (EDI)

This group is for teens who want to develop healthy, lasting relationships, while learning about equity, diversity and inclusion.

Ages: 14 to 17

Dates: Tuesdays from July 4 to August 22, 2023

Time: From 1 p.m. to 3 p.m.

Location: Embrun Valoris Service Centre - 8 Valoris St., Embrun



REGISTRATION REQUIRED

To register, please contact Naomi Brake at 613 677-9052 or by email at nbrake@valorispr.ca.