



2023 SUMMER PROGRAMS

**HAWKESBURY
IT'S FREE!**

Register now - Limited availability!



Information and registration:

Manon Parent

613 673.5148, ext. 4405

mparent@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: July 4, 6, 11, 13, 18 and 20, 2023

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

Location: Hawkesbury Valoris Service Centre - 411 Stanley St., Hawkesbury

HEALTHY RELATIONSHIPS PLUS

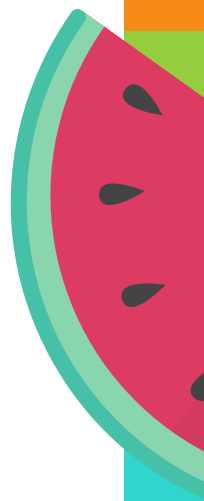
This group is for teens who want to develop healthy, lasting relationships. Participants will learn about friendships, communication, conflict resolution and stress management, while exploring new activities (e.g. arts, sports, etc.).

Ages: 13 to 15

Dates: July 5, 10, 12, 17 and 19, 2023

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

Location: Hawkesbury Valoris Service Centre - 411 Stanley St., Hawkesbury



REGISTRATION REQUIRED

To register, please contact Manon Parent at 613 673.5148, ext. 4405 or by email at mparent@valorispr.ca.