



2023 SUMMER PROGRAMS

**ROCKLAND
IT'S FREE!**

Register now - Limited availability!



Information:
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Registration:
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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 to 12

Dates: Mondays, July 10 to August 14

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

Location: Rockland Valoris Service Centre - 860 Caron Street, Rockland

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



REGISTRATION REQUIRED

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