

Girl's Night Out

Are you a young woman between the ages of 14 - 18?
Interested in meeting other young women & learning about how to improve
your mind, body & spirit?

If so, we have an exciting, new group that you can attend for **FREE!**

Girl's Night Out is an EMYS Health Promotion Series, run in partnership with Toronto Public Health. The weekly group will have interactive discussions & fun activities about:

- * self-esteem
- * violence prevention
- * sexual health
- * nutrition
- * smoking cessation
- * wellness (mind, body & spirit)

Dates: Every Wednesday beginning October 13, 2010 - December 15, 2010

Location: East Metro Youth Services 1200 Markham Rd. Suite 313 - Boardroom

Time: 4:00 - 6:00

Contact: Leslie-Ann Smith at lsmith@emys.on.ca or 416-438-9419
ext. 237 before October 7th, 2010 to register (space is limited).

Special Guest Speakers
Free Food & TTC tokens provided



