

FOUNDATIONAL SKILLS



Building and strengthening foundational skills such as sleep, hygiene, learning about social needs and nutrition can set you up for success prior to being involved with counselling. Additionally, this group can help refresh your foundational skills after a period of time



DETAILS

Anyone between the ages of
16-24

Location: Brantford General
Hospital

Every Monday for 4 weeks

April 7 2025-April 28 2025

1pm-2:30pm

Scan for Referral



Contact Information

519-751-5544 X 2126

walkingalongsideyouth@bchsys.org

