

TAKEAWAY TUESDAY!

Spread Awareness.
Let's learn about mental health!



Looking for volunteer hours?

Come join us for an hour every other Tuesday to spread awareness about mental wellness by participating in community projects, activities and more.

EVERY OTHER TUESDAY!
March 9 - MAY 18
4pm - 5pm VIA ZOOM

Some ways to get your hours? -
create powerpoint presentation, video, comics, poster etc.

For Newcomer Youth! (Gr. 9-12)
(Priority for Permanent Residents and Conventional Refugees)

REGISTER HERE! 
<http://bit.ly/cicstakeawaytuesday>

For more information, please contact:
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  CICS Mental Health

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