

Stress and Mental Health for Youths and Young Adults

In this workshop, you will gain insight into the mental health challenges of teens and youth and how to cope with it !!

With guest Speaker:

Registered clinical counselor: Mona El-Masry (BCACC)

with a Master of Counselling from Trinity Western University.

Who:

PR/Protected

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When:

saturday

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1PM-3PM

Where:

Zoom

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