



# YOUTHNET RÉSEAU ADO

## Fall programs



- **Pens & Paint**

This art-based program focuses on coping with stress through visual arts and creative writing. Learn to art journal and express yourself through various projects, such as oil pastel, clay, slam poetry, painting, and more!

@ Western Ottawa Community Center Tuesdays Oct 17 – Dec 5, 5-7pm

@ YNRA Thursdays Oct 26- Dec 14th, 5:30-7:30pm

- **Mindfulness Ambassador Council**

This program encourages you to discover yourself, and allows you to recharge through mindfulness, yoga, creative projects and discussion with peers. Most of all, it teaches you the key aspect of mental health maintenance which is self care - to take a while just to breathe.

*This program is for youth 15 and older.*

@ YNRA Wednesdays Oct 25- Dec 13th, 5-7pm

**SIGN  
UP!**

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