Introducing: Youth G.L.O.W.

G.L.O.W. stands for "Group LearningOpportunities and Workshops".

This Between Friends service offers growth and development workshops in a fun and friendly environment. After a successful first year of adult G.L.O.W. offerings, we're expanding to youth 12-17!

Thanks to the Hettie and Robert McLean Charitable Trust, we are happy to offer these youth workshops for <u>FREE</u> this fall.

Registration opens on Wednesday,
September 28 at 5:30 PM. All
registration will take place online
through our registration portal.



Between Friends connect • grow • belong

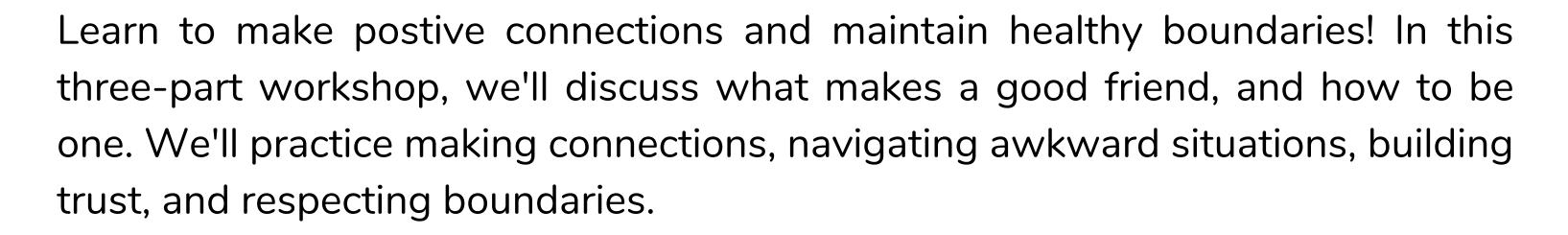
Youth G.L.O.W. Ages 12 - 17

Friendship Foundations

Wednesday, November 23rd, 6:00 - 8:00 PM **AND** Wednesday, November 30th, 6:00 - 8:00 PM **AND**

Wednesday, December 7th, 6:00 - 8:00 PM

Location: Between Friends Office (8989 MacLeod Trail South)



Learn about: Making and keeping friends, setting boundaries

Funky Feelings

Tuesday, November 1st @ 6:00 PM - 8:00 PM

Location: Between Friends Office (#205, 8989 MacLeod Trail South)

Interested in learning more about your emotions and where they come from? Join us for Fun Funky Feelings, where we take some time to understand different emotions such as anger, joy, pride, anxiety, and sadness. We will work together to find ways to identify and balance those feelings as we learn strategies that work best for you.

Learn about: The Feelings Wheel, identifying emotions, strategies for emotional well-being

