



Introducing: Youth G.L.O.W.

G.L.O.W. stands for "Group Learning Opportunities 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 FREE 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 to make positive connections and maintain healthy boundaries! In this three-part workshop, we'll discuss what makes a good friend, and how to be one. We'll practice making connections, navigating awkward situations, building trust, and respecting boundaries.

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

