



AUGUST 24-28 2020  
AGES 10-14

# SELF CARE VIRTUAL SUMMER CAMP

## Camp Schedule & Theme's

- **Monday August 24th:** How To Cope
- **Tuesday August 25th:** Healthy Relationships
- **Wednesday August 26th:** Mental Health Matters
- **Thursday August 27th:** Know Yourself!
- **Friday August 28th:** Creating and Being

With Guest Speakers, Help a Girl Out, Black Youth  
Helpline and Griffin Centre

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**Camp will run via zoom**  
**To register call (416) 253-9797**  
**or email [jeanaugustinecentre.ca](http://jeanaugustinecentre.ca)**

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