

# YOUNG WOMEN'S EMPOWERMENT GROUP

Ages 14 - 17

A safe space to meet other women, and learn about and discuss issues such as healthy relationships, substance use, finances, nutrition, self care, mental health, self esteem, and more!

**Starts November 6, 2019**

**Wednesdays 4:00pm - 6:00pm for 10 weeks**

**Location: 17 Colborne St. East, Unit 109, Orillia**

**\*This is a closed group (not drop in)**

To register, please contact  
Facilitator, Laura Foster at  
(705) 817-9580 or [lfoster@jhssm.ca](mailto:lfoster@jhssm.ca)

**WOMEN UNITED**™