

**YRC'S GIRLS CLUB  
PRESENTS**

# *Art of Journaling* Workshop

**Join NCCE Inc.'s Youth Resource Centre Mindfulness Session to connect with your inner self and explore the Art of Journaling. Engage in a supportive, welcoming space to discuss gratitude journaling, positive affirmations, emotional resilience, and nurturing your inner well-being.**



**DECEMBER 9, 2024  
3:30pm - 5:00pm**



**NCCE Inc.  
Main Office  
660 Ouellette Avenue**

**For more details and to register visit: [www.ncceinc.org](http://www.ncceinc.org) | 519-258-4076**

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