

Now accepting referrals for the Youthreach program.

YOUTHREACH

Sessions will take place at *121 Dundas St. E Belleville, Suite 206*

The program is at no cost as it is funded by *The United Way HPE*

Program Topics include:

- Social Media Safety
- Time Management & Goal Setting
- Managing Emotions & Conflict Resolution
- Bullying, Peer Pressure & Self-acceptance
- Developing Effective Communication & Decision Making Skills
- Healthy Relationships
- **Special Guest Speakers**

FREE for teen Boys ages 12-17

Wed. Nov 07, 2018

4:00pm – 6:30pm

Wed. Nov 14, 2018

4:00pm – 6:30pm

Wed. Nov 21, 2018

4:00pm – 6:30pm

Wed. Nov 28, 2018

4:00pm – 6:30pm

To sign up your teen contact:
Jody Bain at (613)-966-7410/jbain@cosp.ca
Visit www.cosp.ca and Like **COSP** on 