



Come and learn about healthy living, stress management, communication, conflict resolution, and managing change, while building confidence, learning about the community, and making friends.

**4:00-6:00 on Thursdays, from Jan. 22nd - March 12th, 2015
At the North Shore Multicultural Society (NSMS)**

*This program is for immigrant and refugee girls attending secondary school, grades 8 to 12 in the North & West Vancouver School Districts (No. 44 & No. 45).

**To Register, Contact Farah Y. at NSMS:
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