



# THRIVING WELL

## BY YOUTHRIVE & CITY SCHOOL

EMPLOYMENT & WELLBEING PROGRAM FOR  
BLACK, INDIGENOUS AND RACIALIZED (BIPOC) YOUNG FOLKS

### Program Details

**Date:** October 15 - December 19, 2024

**Days:** Tuesdays, Wednesdays, and Thursdays

**Time:** 3:30 pm - 6:45 pm

**Location:** 38 James St S. (Youth Wellness Centre)

### Program Information

This 10-week workshop series is designed for Black, Indigenous, and racialized (BIPOC) youth between the ages of 15 - 25 offering personal, professional, and wellbeing development.

### Program Perks

- Dinner, snacks, and transportation fare included.
- \$400 honorarium upon successful program completion.
- Networking, mentorship, and local community connections.
- May include free short-term membership to the YMCA.



### RSVP Now!

Scan the QR code to email us for registration or for any questions you have about the program.