

LISTENING TO ONE ANOTHER

**A WEEKLY FAMILY WELLNESS PROGRAM LED
BY COMMUNITY MEMBERS IN PARTNERSHIP WITH
MCGILL UNIVERSITY**

WHAT IS IT?

Eat food, have fun, learn together!

Over the course of 14 sessions, we celebrate our culture, learn more about our community and strengthen our families.

CAN MY FAMILY TAKE PART?

Families with children between the ages of 10-14 are eligible. At least one guardian should accompany the child to all sessions. The program starts soon!

To learn more and register, contact: