## Wednesday, January 19, 2022

## **After School Snacks (Virtual)**

Date and Time: Wednesday, January 19 03:30 pm - 4:00 pm

Address: 363 Colbourne St.

Looking for a fun after school activity for your kids?

Join GRCHC for a free, virtual session on January 19th from 3:30-4pm to learn how to make energy bites, a tasty snack option that is simple to make.

Open to kids ages 6-12. Free ingredient kits available for pick-up. Please note that a parent or guardian must be present for the duration of the session. For more information or to register call Katie at 519-754-0777 ext 234.

## Wednesday, January 26, 2022

## **2SLBTQ+ Youth Social (Ages 12-13)**

Date and Time: Wednesday, January 26 06:00 pm - 7:30 pm

Address: 363 Colbourne St.

Grand River Community Health Centre is hosting a new 2SLGBTQ+ Youth Social (for ages 12/13) starting this month!!! A (virtual) space for 2SLGBTQ+ and questioning youth (+ allies) to meet new friends, get together and chat! The group will be facilitated by GRCHC staff and trained volunteers!

When? Wednesday Evenings (6:00-7:30 pm) Jan 26th to Feb 23rd

Where? Via Zoom

How? To sign up for the group, complete our group registration form here.

Note: Parent/guardian consent is required for this group. If that is a barrier, please contact us directly at rgoodland@grchc.ca.