



LIVING LIFE TO THE FULL

helping you to help yourself



MENTAL HEALTH PROMOTION

VIRTUAL COURSE:

Building Resilience + Social Connection for Adults on the Autism Spectrum

Date: 8 Weeks Starting Wed April 21, 2021
Time: 10-11am
Location: Videoconferencing
Contact: Susan VanElswyk at svanelswyk@yssn.ca for more information