

Heart-to-Heart with Hibo!

LIMITED SPOTS
AVAILABLE

For Youth - 20 to 29

@Parkdale Library - 1303 Queen St W

Wellness Chats
Exploring Art as Therapy
Stress and Anxiety Management
Self Advocacy



One-on-One Sessions
Available upon Request



SMALL GROUP SESSIONS

MONDAYS & WEDNESDAYS 3 PM - 6 PM

Contact Hibo for more information
call 647-641-8162 or email
hwarsame@culturelink.ca
To register, scan the QR Code

