



# November 2018– YWNP

The Youth Wellness Navigation Program (YWNP) provides Aboriginal students and youth up to the age of 29 years with a range of services to facilitate improved performance, capability and well-being. Direct services include culturally based programming that address the physical, emotional, mental and spiritual well-being of the Aboriginal youth.

**NOTES:**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Creative Arts 10:30-11:30am Women's Yoga @ RPCC 5:30-7:30pm	2 Admin Day	3
4	5 Drop-In 10:00-12:00pm Youth Drop-In 5:00pm-9:00pm	6 Drop-In	7 Drop-In	8 Drop-In	9 Admin Day	10
11	12 Drop-In 10:00-12:00pm Youth Drop-In 5:00pm-9:00pm	13 Drop-In	14 Baking Classes In the GP 4:00-7:00pm	15 Creative Arts 10:30-11:30am Women's Yoga @ RPCC 5:30-7:30pm	16 Cheesecake Fundraiser	17
18	19 Drop-In 10:00-12:00pm Youth Drop-In 5:00pm-9:00pm	20 Drop-In	21 Drop-In	22 Drop-In	23 Admin Day	24
25	26 Drop-In 10:00-12:00pm Youth Drop-In 5:00pm-9:00pm	27 Drop-In	28 Baking Classes In the GP 4:00-7:00pm	29 Creative Arts 10:30-11:30am Women's Yoga @ RPCC 5:30-7:30pm	30 Cheesecake Fundraiser	



## Toronto Council Fire Native Cultural Centre- *Youth Wellness Navigation Program*



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