

Dear Parent/Guardian

A FREE Summer Youth Program is being offered jointly by the Nova Scotia Health Authority Adolescent Outreach Staff and SchoolsPlus of the South Shore Regional Centre for Education.

We invite youth **ages 9 and up** to participate in this 3 day Camp offered one day per week in your area.

**Camp Name: “Finding your Power Within”**

**Registration: FREE**

Lunch, snacks and refreshments supplied

**Dates:**

Chester Area Middle School July 9, 16, and 30

Bridgewater Junior High School July 10, 17 and 31

North Queens Community School July 11, 18 and Aug 1st

**Times**: (9:30-2:30pm)

**What are the goals:**

FUN!!!

Activity

Friendships

Coping

Mindfulness

Emotions

**Don’t let transportation be a barrier! If you want your child/ student to attend we will do our best to arrange transportation!**

For more Information please contact the SchoolsPlus Facilitator for the area:

Linda Jensen 902 521 9817 (Parkview and New Germany Feeder Schools)

Colleen Myra 902 523 4360 (Forest Heights Feeder Schools)

Shannon Vincent 902 523 1451 (Queens County Schools)