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HIGH SCHOOL?



## Free online after-school programs for Grade 7s

Learn how to

- Stay healthy
- Manage stress
- Make new friends
- Resist peer pressure
- Feel more confident for Grade 8, and more

See the schedule, more info, and register at

**[YWCAVAN.ORG/Grade7Register](https://YWCAVAN.ORG/Grade7Register)**

Join now. Spaces limited