

Centre de ressources



Resource Centre

TABOO TOPICS: LET'S TALK PERIODS!

FOR FAMILIES & THEIR 9-16 YEAR OLD YOUTH

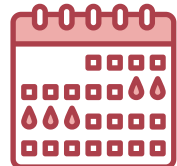
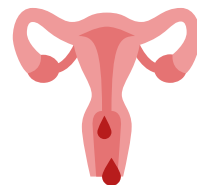
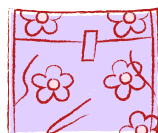
Waiting to get your period and wondering what to expect? Still waiting and wondering why? Started your period and need to know more? Let's talk periods in a fun and easy-going way! Learn about your menstrual cycle, age-related pelvic anatomy, what's normal and not normal when it comes to your period, as well as strategies to empower you when it comes to dealing with some of the challenges regarding your menstrual health.

MAR 30
7:00 - 9:00 pm

*With Special Guest, Quelen Farias,
Physiotherapist (Pelvic Health)*

Register at: centreconnexions.org
Questions? 819-557-0615 or info@centreconnexions.org

Scan to
register!



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