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Self Care

4 Week Series that focuses on the topic of self care for youth with a developmental disability ages 15-25

* and a trusted person if desired.

DATE: Tuesdays, October 19 & 26, November 2 & 9, 2021

TIME: 6-7pm

WHERE: Zoom (links will be provided)

COST: FREE

Contact and RSVP Voices Perth Coordinator Stephanie Lee at voicesperth@gmail.com or (519)-949-2330 for more information

