

# **7 Basic Modules**

**Ages 10-17years of age**

**Must pre-register due to covid rules**

**Including Participants Name, date of birth and gender (also any allergies your child may have)**

**Registration forms at the Cote Band Office with Reception**

**These sessions are geared towards:**

**Self-discovery**

**Aboriginal History**

**Healthy Living**

**Parental Relationships**

**Grief**

**Heartbreak**

**Suicide**

**Relationships**

**Each module is designed to help youth understand, raise awareness and have input in each module topic. Females Sept 2<sup>nd</sup> and Male Sept 3<sup>rd</sup>. This is Free and Open to Cote Band Members Only.**

**Date: September 2<sup>nd</sup> & 3<sup>rd</sup>**

**Cote Band Hall**

**Drop off will be at 9am**

**Pick up at 4pm**

**Lunch will be provided and snacks along with a gift bag.**

**Face Masks will be provided along with all covid-19 safety rules with sanitization etc.**

**There is only a limited number of seats so register as soon as possible, If there is more interest a 2<sup>nd</sup> session for both groups will be made.**