

**SNACKS
PROVIDED**

ADULTING UNLOCKED



ESSENTIAL LIFE SKILLS
FOR BECOMING AN ADULT
FOR AGES 16-20



Join us for a fun and interactive series of workshops where we will tackle essential life skills.

Get ready to level up your adulting game!

LEVEL THREE:
**SELF DEFENCE AND
SITUATIONAL AWARENESS**

**NOV
21**

3:30 - 5:00 PM
@ ARASHI DO
#108, 9 HAWKRIDGE BLVD

**OFF SITE
LOCATION**



Penhold
& District Library



Contact:
jseyiyama@townofpenhold.ca
or the Library to register