



Dear Scadding Court Community,

Scadding Court Community Centre in partnership with Alexandra Park Community Centre are pleased to announce the start of the **2021 HeARTwork Workshop Series!**

The HeARTwork program is dedicated to providing **youth** (13 to 35) a safe space to discuss about mental health, the arts, and other interesting topics through informal interactive workshops.

Join your peers from the community every week on Wednesday 5 pm over Zoom as we bring facilitators from all over the city to talk about topics such as what it was like growing up in Alexandra Park in the 1950's to creative writing workshops. Check out the weekly schedule on the next page.

Email heartwork@scaddingcourt.org for the session link.

\$15 gift cards will be provided for each workshop attended.

**Follow us on Instagram
@Heartworkk_sccc**

