



# YWCA GUIDE TO HIGH SCHOOL

**Guide to High School** is a free after-school program that prepares Grade 7 students for the transition to high school. Students will spend 1.5 hours each week discussing the following topics:

- Intro to high school with tour
- Physical Wellness
- Stress Management
- Friendships
- Power and Bullying
- Identity and Media Messages

Participants will have the opportunity to connect with other Grade 7 students at their school and in their community and be guided by an intergenerational team of program leaders, which will include current high school students and experienced facilitators.

## WHEN?

Tuesdays, 3:30-5:00pm  
February 27, March 5, 12, April 2, 9, 16,  
23, 30

## WHERE?

Moscrop Secondary  
4433 Moscrop St, Burnaby, BC V5G 2G3



Register here: <http://tinyurl.com/YWCA-GTHS>

## REGISTER:



**For more information go to:**

<https://ywcavan.org/programs/youth-education>



**Questions?**

Contact: [youth@ywcavan.org](mailto:youth@ywcavan.org)