

# FLOH Balancing our Minds Summit

A FREE all day event focused on youth wellness

## Dialogues

- LEADERSHIP
- PERSONALITY/BORDERLINE DISORDERS
- NALOXONE/OPIOIDS
- DESTRUCTIVE TENDENCIES
- DOMESTIC ABUSE AND RECOVERY
- GENDER FLUIDITY
- THE FOSTER SYSTEM
- LATERAL VIOLENCE

PLUS A CHILL ROOM AND CULTURAL WELLNESS ACTIVITIES



8:30am – 3:30pm, February 15, 2019

W J Mouat Secondary 32355 Mouat Drive, Abbotsford

With these important topics, support and navigation will be available at and after the event.

## DOORPRIZES available!

Lunch and Snacks Provided

Questions: [marcie@floh.foundation](mailto:marcie@floh.foundation) | Eventbrite: [FLOH Balancing our Minds Summit](#)

