



JOIN US

ON MAY 24TH FOR A

Building Resiliency

Community Event

Hosted by Big Brothers Big Sisters of the Fraser Valley and generously funded by the Red Cross, this initiative is designed to empower community members with practical tools to enhance mental health and build resilience. Open to both youth (ages 7 and up) and adults, this free event offers valuable support for individuals of all ages.

Therapy
Dogs

Indigenous
Wisdom for
Well-being

Mindful
Yoga
Practice

Express
Yourself: Art
as Self Care

Opportunity
to build
community

Take-
home kit
available

Free for
community
members

Lunch
will be
provided

SATURDAY, MAY 24TH
10:00am–3:00pm
Semá:th Elementary School
36321 Vye Rd, Abbotsford, BC

Sign Up Here:

