Life Project is an 8-week program that’s aimed at helping students develop practical wellness strategies. Each week, the students participate in team building and stress management activities such as yoga, meditation, colouring/art, goal-setting, journaling, and gratitude practices. The purpose of the initiative is to create a safe space for all students to build community, access supports, and have fun!

Starting Wednesday, October 16 at lunch in Room 203 with Ms. Callaghan.