

On-TRAC

On-TRAC is a pro-active anger awareness & violence prevention group program.

Youth work to develop positive life skills by exploring such topics as positive communication, healthy relationships, bullying, positive/negative stereotypes, recognizing triggers for anxiety, stress and anger and providing coping skills and techniques.

On-TRAC is open to all youth ages 12 – 17.

For information & registration please call 905-372-0007.



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