

PCHS X MNS presents:

# Empowered Essence



This group for young women (ages 12-25) focuses on self-discovery, personal growth, and mutual support. Members will engage in discussions that help them recognize their value and build confidence in expressing their true selves.

**Starting: October 2, 2025**

**Every Thursday from 3:00PM - 5:00PM**

**Volunteer hours and refreshments provided to each youth registered!**

## **Malton Youth Hub Jonathan Davis Centre**

3545 Morning Star Drive  
Mississauga, ON L4T 1Y3  
PCHS Room 202 Upstairs

**Scan or use the link below to register:**

<https://forms.office.com/r/KC1eLqQKwJ>

## **Contact for more information:**

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