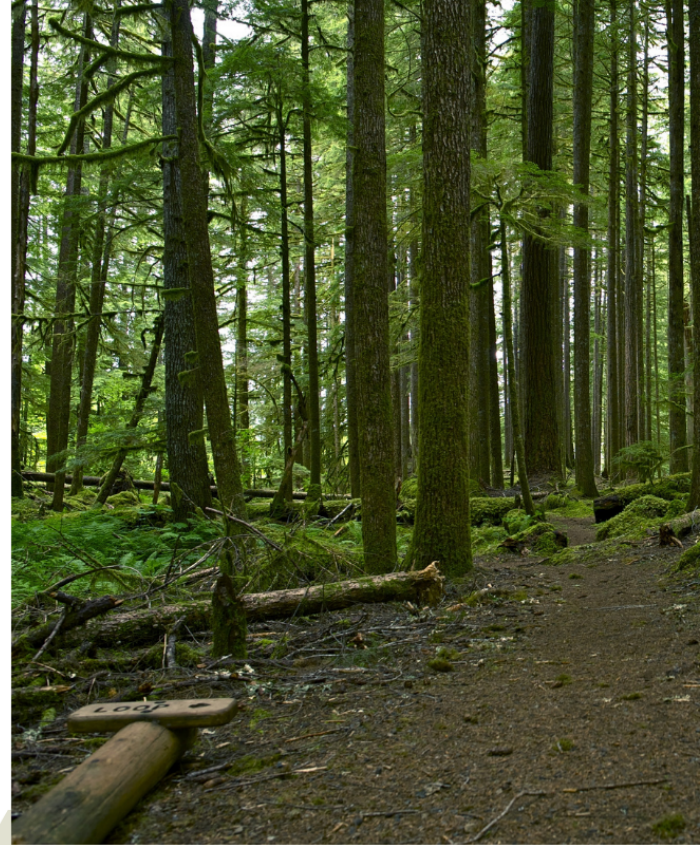




Join us for the BEAR (Building Empowerment And Resilience) Hikes for Newcomers Program!

Are you a newcomer looking to connect with others, explore Canada's stunning wilderness, and cultivate resilience?

What: BEAR Hikes Program of the MNLCT
Where: Boarding the bus at 34 Asquith Ave, near Yonge and Bloor Subway to various scenic trails across Ontario.
When: May 11, 2024 8:45 AM, returning at 6:30 PM
Traveling to: Hilton Falls



Why Join:

- Discover Serene nature walks
- Build confidence and resilience
- Find meaningful connections
- Explore the beauty of Canadian outdoor spaces
- Unwind and recharge in nature

Space is Limited! Reserve Your Spot Today.

To register, contact Marla Marquez
mmarquez@mnlct.org