Join us on 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 <u>34 Asquith Ave</u>, 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







To register, contact Marla Marquez mmarquez@mnlct.org



