



# 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

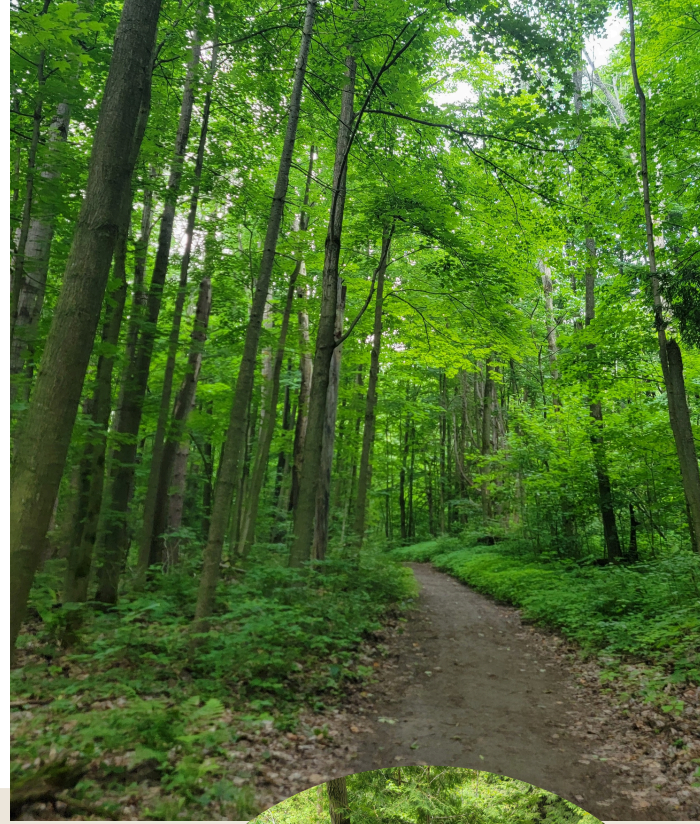
**Where:** Boarding the bus at 1570 Wilson Avenue, North York, ON. M3L 1A3 (Close to the KFC)

**When:** July 27, 2024 8:45 AM, returning at 6:30 PM

**Traveling to:** Earl Rowe Provincial park

## 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  
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