

The Teen Resource Center Presents

Wellness Wednesdays

New Program in

Flushing

Join us on Wednesday afternoons to meet new friends and chat about issues that are important to us, such as body image, healthy relationships, conflict resolution, and more!

Sessions will be held at:
136-26 37th Ave.
4th Floor Conference Room
Flushing, NY 11354

To sign up or view program details, site access, and facilitator bios, visit bit.ly/trcww2019.

For more information or questions about the program, please contact **Tammy Cheng** at tcheng@cbwchc.org or call (212) 226-2044.

10.2 + 10.9

Stress Management

10.16 + 10.23

Healthy Relationships

10.30 + 11.6

Our Bodies

11.13 + 11.20

Reflection + Growth

11.27 + 12.4

Self Care



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

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TEEN RESOURCE CENTER