

AFTER-SCHOOL WELLNESS PROGRAM

Thunder Bird Child & Family Center



LONGLAC ONTARIO
153 KENOGAMI RD
ReceptionL@tbfc.ca
(807)876-4342

EVERY THURSDAY STARTING SEPT 10TH - UNTIL DEC 17TH

3:00PM – 4:15PM

Snacks are provided at each visit



SEPTEMBER

PHYSICAL WELLNESS

MOVE • PLAY • FUEL

• YOUR BODY

Outdoor Games
Movement
Challenges
Cooking
Nature Activities



OCTOBER

MENTAL WELLNESS

CREATE • THINK •

RELAX

Cooking
Challenges
Wellness
Crafts & Games
Halloween Fun



NOVEMBER

EMOTIONAL WELLNESS

EXPRESS • CONNECT

• HAVE FUN

Music & Art
Gratitude
Beading
Coping Activities
Games



DECEMBER

SPIRITUAL WELLNESS

CONNECT • GIVE •

CELEBRATE

Community
Giving
Wellness
Activities
Holiday Fun



DROP INS ARE
WELCOME!

Calling ahead to register is
appreciated



CALL TO REGISTER

(807)876-4342

We can't wait to see
you

AGES 7+

Come for the
snacks.

Stay for the fun.
Build your wellness