

FREE VIRTUAL MASTERCLASS SERIES FOR ALL YOUTH!

# Silver Linings: Adapting to Change During a Pandemic

Despite the challenges of the pandemic, youth with and without a disability have continued to lead the way in promoting an inclusive Canada. Join other youth from across Canada for two masterclass sessions on adapting to change!

In these masterclass sessions, you will:

- ✦ Explore strategies for maintaining mental wellness, resilience and growth while adapting to the 'new normal'.
- ✦ Exchange 'silver lining' stories of how the challenges of the pandemic presented opportunities to demonstrate strength, resilience and leadership.

*This is a Re:Action4Inclusion event hosted by Community Living Ontario's Youth Advisors in partnership with The Beanstalk Project. Each session is 90 minutes + 30 minutes of networking time!*

SESSION

1

Transitioning into the Unknown:  
Strategies for Wellness During  
Uncertain Times

Tuesday, November 30, 2021

Time: 5:00PM - 6:30PM

SESSION

2

Adaptation: Resilience, Silver  
Linings, and Growth

Tuesday, December 7, 2021

Register at [bit.ly/clo-masterclass](https://bit.ly/clo-masterclass)

First 10 registrants  
will win exciting prizes!

For further information, contact Palki Ahmad at [pahmad@communitylivingontario.ca](mailto:pahmad@communitylivingontario.ca)