

OACAS invites you to *Take5* with us!

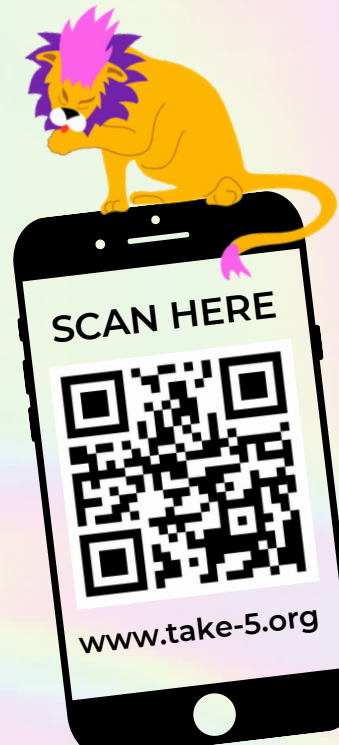


Time for some self-care? Need tips & tools for mental wellness? Take5 (or more)! 🧘

Interactive online info & resources, multi-media content, live workshops & events for children and youth in and from care (foster, group, living with relatives)



- Self-care & Compassion
- Culture & Identity
- Harm Reduction
- Learning & Skill Building
- Rights & the Law
- And More!



**Ontario Association of
Children's Aid Societies**