

Community Education Service



Improving emotional health and well being

Personal Safety in the Community, at Home and Online

**Lorna Selig, Provincial Expansion and Transition Coordinator,
The Children's Link Society
Owner, Safe4Life Personal Safety and Self Defense**

Join Lorna Selig for an informative session on Personal Safety. Topics covered will include online and internet safety, and basic strategies for keeping yourself protected in the community and in the home. Lorna will offer links and articles for follow up and further support.

FREE Webinar

**Thursday, June 10, 2021
6:30 - 8:30 PM**

[Register](#)

<https://community.hmhc.ca>