



**Ages 13-17 years**

\*No cost to participate!

# Learn to Cope with Stress

## Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Join our **free 7week mental wellness** program for teens with anxiety and stress. No formal diagnosis required!

Our next session starts **in January 2023**

**What you get:** A \$25 gift card, a free 3-month complimentary YMCA fitness membership and a free workbook filled with coping strategies.

This free program is run by caring, trained staff,  
in a safe supportive environment.

**Contact us today!!**

Email: [frances.anderson@ymcahbb.ca](mailto:frances.anderson@ymcahbb.ca) or call/text: 365-889-3612