

Y Mind

Ages: 13-18



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 7-week mental wellness program for youth with anxiety and stress.

No formal diagnosis required!



Course participants will receive: 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.

Email: frances.anderson@ymcahbb.ca

Call or Text: 365-889-3612 | ymcahbb.ca

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Ages: 18-30



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