



Y Mind Teen is a **FREE seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **teens ages 13 to 18.****

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.

How to sign up for Y Mind:

Teens can sign up through self-referral by contacting our YMCA Mental Wellness team at:

W. gv.ymca.ca/y-mind-teen

E: YMind@bc.ymca.ca

P: 604.673.6182

