



Ages 13 - 18

*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.

Surrey City Centre Library, Thursdays, April 4th – May 23rd, 4:30PM – 6PM

Participants must register for and attend an information session prior to joining

March 7th OR March 14th, 4:30pm

To register: Ymind@bc.ymca.ca Ph: 604-673-6182 or scan QR code below

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



www.gv.ymca.ca/mental-wellness