



Ages 13-18

Learn to Cope with Stress

Y Mind

*No cost to participate!

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.

**Free 7 week program:
Wednesdays Oct 19th -Nov 30th 4:30pm - 6pm
Must attend info session to register: Wed Sep 28th OR Oct 5th**

For more information call 604.673.6182 or email YMind@gv.ymca.ca

No YMCA membership required.

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



www.gv.ymca.ca/mental-wellness

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