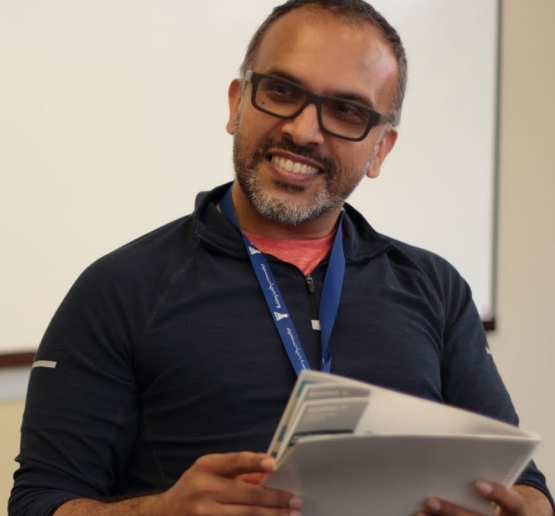




Y Mind Youth

Free Mental Wellness Programs



Y Mind Youth is a **FREE** seven-session group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **youth 18-30 years old**.

- ✓ 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.

Signing up for Y Mind Youth:

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



No cost
to participate!



Ages

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.

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

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FOUNDATION