



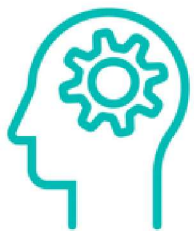
Y Mind

Ages: 18-30

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.



Next online group starts on
Wednesday, January 24, 2024 (5pm - 7:30pm)

Email: youth.intervention@ymcahbb.ca
Register Online: ymcahbb.ca/y-mind

Connect for session details