



**Ages 18 - 30**

*\*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.

Join our **free 8-week mental wellness** program for youth with anxiety and stress.

No formal diagnosis required!

Our next session starts **Thursday, March 9th at 6:30 pm (virtual)**

**What you get:** A \$25 gift card, a free 3-month complimentary YMCA fitness membership and a free workbook filled with coping strategies.

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



[www.ymcahbb.ca/y-mind](http://www.ymcahbb.ca/y-mind)

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