



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.

Bettie Allard YMCA, Tuesdays, April 2nd – May 21st, 4:30pm – 6pm

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

February 27th OR March 5th, 4:30pm

Contact us: gv.ymind@bc.ymca.ca, 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