

Mindful Youth

How to Deal with Anxiety, Worry and Stress Group for youth aged 16-17



Mindful Youth is an 8 week group that meets one afternoon a week in a supportive and safe environment. Youth can share their experiences; and discover mindfulness tools to help cope.

Parent & Youth Orientation: Thursday
February 1, 2017 4:00-5:30pm

6 Youth Sessions: Thursdays,
Feb 8 – March 15, 2017 4:00-5:30pm

Parent & Youth Wrap-up: Thursday
March 22, 2017 4:00-5:30pm

Location:
SHARE Family and Community Services
2615 Clarke St, Port Moody, BC

In this group youth will:

- ❖ Learn how anxiety and worry work
- ❖ Learn healthy coping skills that help ground youth and connect them to the present moment
- ❖ Learn how to tame worry and anxiety, how to work with thoughts, feelings, and emotions
- ❖ Receive take home material, with tools and resources (materials for parents will also be provided)

**To Register: Contact SHARE Intake at
604-937-6969 Cost: FREE**