



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, October 24th – December 5th, 4:30pm – 6pm
Participants must register for and attend an information session prior to joining:
October 3rd OR October 10th, 4:30pm
gv.ymind@bc.ymca.ca Ph: 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