



# Y Mind Teen

## *Free Mental Wellness Programs*



Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **teens 13-18 years old**.

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.

### Signing up for Y Mind Teen:

Teens can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness team at:

GV.YMind@bc.ymca.ca 604 673 6182

[www.gv.ymca.ca/mental-wellness](http://www.gv.ymca.ca/mental-wellness)

Scan QR code below for contact form

