

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 November 16, 2017 4:00-5:30pm

6 Youth Sessions: Thursdays, Nov. 23 – Dec. 7, 2017 4:00-5:30pm

Jan. 4 – 18, 2018 4:00-5:30pm

Parent &Youth Wrap-up: Thursday January 25, 2018 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**

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Mindful Youth

# How to Deal with Anxiety, Worry and Stress

# Group for youth aged 12-14