



**Ages 13-18 years**

*\*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.

Join our **free 8-week mental wellness** program for teens with anxiety and stress.  
No formal diagnosis required!

Our next session starts **Tuesday, January 10<sup>th</sup>, 2023 at 4:00pm (Virtual)**

**What you get:** A \$25 gift card, a free 3-month complimentary YMCA fitness membership and a free workbook filled with coping strategies.

This free program is run by caring, trained staff,  
in a safe supportive environment.



**Contact us today!**

**Email:** [frances.anderson@ymcahbb.ca](mailto:frances.anderson@ymcahbb.ca) or call/text: 365-889-3612