



Y Mind

Ages: 13-18

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 7-week mental wellness program for youth with anxiety and stress.

No formal diagnosis required!



Every Wednesday

July 12 - August 23, 2023 • 2:00 pm-3:30 pm

Big Brothers Big Sisters | 639 Main St E, Hamilton ON

Course participants will receive: 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.

Email: frances.anderson@ymcahbb.ca

Call or Text: 365-889-3612

ymcahbb.ca

