



No cost to  
participate

# Learn to Manage Stress

## Mindfulness Groups, Ages 13-17

Everyone experiences worries and stress. Y Mind Mindfulness Groups are here to help young people learn how to deal with stress so they can live their best lives.

**Next Session:**

**Location:**

**Contact us today,**

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



**BRITISH  
COLUMBIA**

Supported by the Province of British Columbia