



No cost
to participate!

Ages 18-30 yrs

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.

Our **FREE** Winter Y Mind Youth group is Wednesday evenings Feb. 7th– Mar 20th, 2024, Online via Zoom for Vancouver Island residents

Online information sessions and intakes Jan 17th and 24th

For more information please contact:
mindfulness@vancouverislandy.ca or call 778-584-7360

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



*Use the QR code
to register for info
session



<https://vancouverislandy.com/program-services/community-health/mental-wellness/>