



Ages 13 - 18 Teens
18 - 30 Youth

*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.

Y Mind is an early intervention and prevention mental wellness program for teens and youth who are experiencing mild to moderate anxiety. Program sessions will take place once a week for seven weeks.

August 29th 6:00 to 7:30 pm Teen Group

August 31st 6:00 to 8:30 pm Youth Group

Please Register by August 14th

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

506-381-5072

ymind@ymcamoncton.ca

Y Mind Moncton

We Start!

