



No cost  
to participate!

Ages 13-18yrs

# Learn to Cope with Stress

## Y Mind

Everyone experiences worries and stress. Y Mind is here to help teens learn how to cope with stress so they can live their best lives. Y Mind is a Free Program to help support Teens ages 13-18 years cope with stress and worry.

Y MIND Teen Program starts on Wednesday, October 28, 2020 @ 5-6:30pm and runs for 7 weeks. CMHA Kootenays will be hosting an Orientation on Wednesday, October 21, 2020 @ 5- 6:30 pm location #300 1000 21st Ave N.

For more information; telephone 250-426-5222

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

