



**Ages 13-18**

*\*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 a free, 7-week introductory mental wellness program designed to help teens build valuable skills for coping with stress and anxiety**

**For more information and registration follow the QR or;**

**Email: [Ymind@ymcanab.ca](mailto:Ymind@ymcanab.ca)**

**Visit <https://ymcanab.ca/ymind>**



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

<https://ymcanab.ca/ymind>

