



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 group program which uses Acceptance and Commitment Therapy (ACT) and mindfulness techniques to support you to cope with feelings of stress, and anxiety.

The Y Mind programs are virtual via ZOOM for;

- *Y Mind TEEN (ages 13 to 18)*
- *Y Mind YOUTH (Ages 18 to 30)*

For more information please contact:

Sidrah Mir, Lead Facilitator; Email: ymind@sm.ymca.ca / Phone: 705-718-0097

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



<https://ymcaofsimcoemuskoka.ca/y-mind-youth>

Scan QR code to apply now!