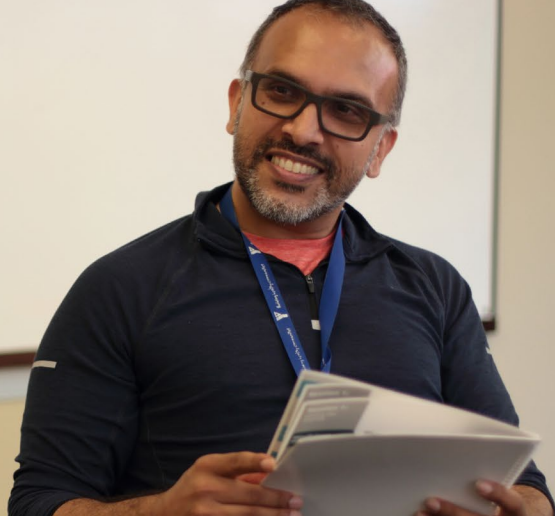




Y Mind

Free Mental Wellness Programs



Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting youth in the following age groups: **Y Mind Teen (13-18 years old) | Y Mind Youth (18-30 years old)**.

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.

Signing up for Y Mind:

Teens and youth can sign up through self-referral by contacting our YMCA Mental Wellness team at:

E: YMind@gv.ymca.ca

P: 604.673.6182

W: gv.ymca.ca/mental-wellness