



No cost
to participate!



Ages 13–18 years

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.

Info Session: Tuesday, Jan 18, 4:00pm

Group Sessions: Tuesdays, Jan 25-Mar 29, 4:00-5:30pm

No sessions on Feb 22; Mar 15 & 22 (Spring break)

This group will held via Zoom.

To register contact Yee Jim at yjim@alexhouse.net or
604-538-5060 ext 26



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

