



Free YMCA  
membership



# Learn to Manage Stress

## YMCA Mindfulness Groups, Ages 18-30

Everyone experiences worries and stress. Y Mind Mindfulness Groups are here to help young people learn how to deal with stress so they can live their best lives.

**Next Session:**

**Location:**

**Contact us today,**

The program is run by caring, trained staff, in a safe supportive environment. **There is no cost to participate.**



Supported by the Province of British Columbia