



Free YMCA
membership

Get Active, Feel Good and Thrive

Mind Fit, Ages 13-19

Learn how to cope with low mood, depression and/or anxiety.
Mind Fit can help improve mind and body wellness. Plus, it's fun!

Next Information Session:

Program Location:

Contact us to register 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