



# Get Active, Feel Good and Thrive

## Mind Fit, Ages 13-19

Learn how to cope with low mood and stress.

Mind Fit can help improve mind and body wellness. Plus, it's fun!

**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