



Vancouver Island



# Mind Fit Outdoors!

## **Mind Fit Outdoors: Free Mental Wellness support for Teens 13-19**

Mind Fit Outdoors is an 8-week program that meets after school hours that uses engagement in outdoor and nature-based activity and psychoeducation support in 'nearby nature' for teens aged 13 to 19 with low-mood, low energy or stress.

No referrals required - co-facilitated by a clinical counsellor and outdoor activity specialist this program is designed as a fun and engaging early intervention opportunity for teens who struggle with mild to moderate anxiety, stress, low mood or depression.

This is free program open to any teens interested in spending time outdoors to explore mental wellness, nature and outdoor activity, with like-minded peers in a supportive group environment.

## **Mental Wellness Program for Teens**

Thursday afternoons for 7  
Weeks – April 16-May 28<sup>th</sup>  
4:00-6:00pm.

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## **TO REGISTER FOR AN INFORMATION/INTAKE SESSION:**

Follow this [link](#)

For more information  
contact Fiona Hough at  
[mindfit@vancouverislandy.ca](mailto:mindfit@vancouverislandy.ca)

## **Program meets at the Downtown Y**

851 Broughton St.,  
Victoria



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