



No cost  
to participate!



Ages 13 - 18

# 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.

**Y Mind is a psychoeducational prevention program for teens dealing with anxiety. Y Mind is an evidenced-based program grounded in Acceptance and Commitment Therapy (ACT) and Mindfulness.**

**Information sessions: *Virtual* - October 20<sup>th</sup> *In person* October 27<sup>th</sup> 2022**

**Program times: Tuesdays 6 - 7:30 November 8<sup>th</sup> – December 20<sup>th</sup> 2022**

**YMCA-YWCA Downtown 301 Vaughan**

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

**Contact Rebecca at (204) 989-4194 or [rebecca.trudeau@ymanitoba.ca](mailto:rebecca.trudeau@ymanitoba.ca) to register for an information session or for questions.**

[ywinnipeg.ca/ymind](http://ywinnipeg.ca/ymind)