



AGES 13-18

Learn to Cope with Stress

Y Mind

*No cost to participate!

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.

FEBRUARY 7-MARCH 20

Wednesdays from 4-5:30 p.m. | West Van Youth Hub, 706 Main Street

Registration is required. Please contact Shakila to join:
email: samiri@westvancouver.ca or call/text: 604-961-9819

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

