



## YMCA Teen Mindfulness Group

A mental wellness program for teens ages 13-17

**Join us to meet new people and learn how to cope with stress and anxiety!**

Do you worry about school? Or about making new friends and what others think of you? You're not alone. Everyone experiences worries, anxiety and stress. The Teen Mindfulness Group helps teens learn new ways of dealing with these feelings so that they don't get in the way of doing things they want to do.

Teens have the opportunity to connect with others who are going through similar experiences, learn new coping skills, and participate in group activities. This free program is run by caring, trained staff in a safe and friendly environment and also includes a complimentary YMCA gym membership...oh, and free snacks too! The group meets weekly for six weeks, in a welcoming and supportive environment.

**Program locations and start dates:**

Tong Louie YMCA (Surrey) – Wednesday, October 19<sup>th</sup>

Robert Lee YMCA (Vancouver) – Monday, October 17<sup>th</sup>

Contact [teenmindfulness@gv.ymca.ca](mailto:teenmindfulness@gv.ymca.ca) to register today.

*Building healthy  
communities*



Founding Partner, Surrey

[gv.ymca.ca](http://gv.ymca.ca)