



Y Mind

Free Mental Wellness Programs



Ages 13-17

Free early intervention support for young people experiencing mild-moderate anxiety and stress.



About Y Mind:

Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting youth in the following age groups:



Program Highlights:

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.



Signing up for Y Mind:

- Y-Mind information session: March 26th from 5-6 p.m. at Huddle Brandon (701 Rosser Ave)
- Sessions begin April 7th and run every Tuesday for 7 weeks from 5:30-7 p.m.
- For registration or any questions, please email Jayden@huddlebrandon.ca

Huddle
BRANDON