



On November 20th from 1030am – 4pm, The Brandon Youth Centre is hosting a FREE Mental Health and Wellbeing workshop. Youth will participate in engaging workshops, learn self – care skills, hear about local resources, and participate in fun activities! Each youth will receive a FREE lunch and snack and will be eligible to win prizes! Space is limited. Registration with the Youth Centre and completion of this form is free.

If you aren't registered with the Youth Centre, please email me at C.blanca@brandon.ca to receive a registration form.

PARTICIPANT REGISTRATION FORM

Participant Name: _____

Age: _____

Parent/Guardian Name: _____

Daytime Phone Number: _____

Emergency Contact: _____

Emergency Phone Number: _____

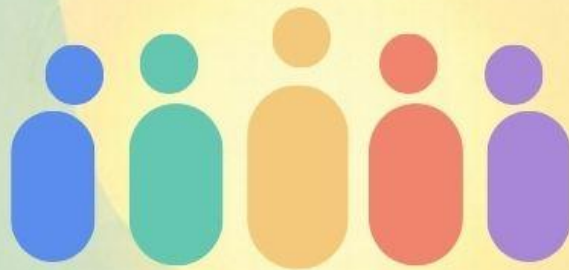
Dietary/Medical Conditions: _____

Parent/Guardian Signature: _____



Mindful Me

A mental health and
wellbeing workshop for
youth ages 8-17



NOVEMBER 20th, 2026

1030am - 4pm

YOUTH CENTRE, DOOR D, 638 PRINCESS

LUNCH AND SNACK PROVIDED

FUN ACTIVITIES, WORKSHOPS, FREE GIFT BAG

**FREE PRE - REGISTRATION
REQUIRED**



Funding provided by the Manitoba government