



## Y MIND PROGRAM

The Y Mind program is an innovative, youth informed, early intervention program that helps teens and young adults manage stress and anxiety. Y Mind helps young people cope with anxiety and improve their sense of well-being by introducing them to evidence-based tools and connecting them with others.

- Are you feeling "overwhelmed" or "stressed out" by school, sports, relationships, or socializing?
- Do you often feel the need to be in control or for things to be perfect?
- Do you experience stress or anxiety when it comes to "big performances"?
- Do you often worry about the future or overthink things?
- Do you want to add another tool to your toolkit to better manage your thoughts and emotions in stressful situations?

If you answered yes to any of these, the YMCA's new program called **Y Mind** might help!

**Y Mind** teaches skills including mindfulness to help manage worries and stress when they show up. By participating in-person or virtually, the Y Mind program will take youth on a 7-week skill-building journey to improve their focus, reduce the internal chatter and help them handle stress and anxiety so they can do the things they want to do.

For more information, please visit Y Mind at <https://www.ymcaquebec.org/en/YMind> or email us here [libere.ta.tete@ymcaquebec.org](mailto:libere.ta.tete@ymcaquebec.org)

New sessions starting soon in person (at the new Aire Ouverte location in Kirkland) and virtually.