



# Y Mind Teen

## Free Mental Wellness Programs



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



### About Y Mind Teen:

Y Mind is a **FREE** seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting **teens 13-18 years old**.

### 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 Teen:

Teens can sign up for Y Mind through self-referral by contacting our YMCA Mental Wellness team at:

[ymind@calgary.ymca.ca](mailto:ymind@calgary.ymca.ca)

Or by filling out a form through our QR code:



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<https://www.ymcacalgary.org/ymind>