

Y Mind Teen
(Tong Louie YMCA)
14988 57Avenue
Surrey, BC V3S 7S6

Y Mind Teen is a free online seven-week program delivered across BC. This program supports teens ages 13 to 18 who are experiencing symptoms of anxiety to learn and practice evidence-based strategies to cope with stress and anxiety. Y Mind Teen is led by trained mental health professionals and gives teens the chance to connect with others who are experiencing similar thoughts and feelings. Made possible through our funding partners.

To learn more, contact [ymind@gv.ymca.ca](mailto:y mind@gv.ymca.ca) or 604.673.6182.