



Ages TEEN 13-18

*No cost to participate!

Learn to Manage Stress

Mind Medicine Groups

Everyone experiences worries and stress. Mind Medicine Groups are here to help young people develop coping strategies and build social connections.

Information Sessions:

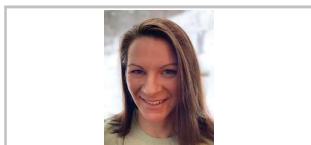
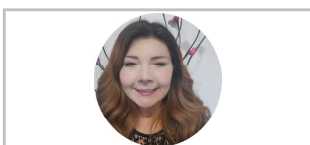
Tuesday November 2nd and 9th at 5:00pm

HOL Band Hall

118 Head of the Lake Road

Please contact 250-241-5998 to register

This FREE program is run by caring, trained staff,
in a safe supportive environment.



COVID-19 protocols will be in place