

ONLINE MENTAL HEALTH WELLNESS GROUPS SPONSORED BY THE KAMLOOPS YMCA

We are fortunate that the Y has continued many of their essential services, including all of our **mental wellness groups and services**. They are launching more online groups using the Zoom platform this spring, **many of which have available spaces in them**.

These groups will be 100% online. All materials will be delivered right to the client's doors so that anyone can fully participate within the safety of their homes.

Please take a look at the groups below and share them with anyone you know who might benefit from them.

Youth Mindfulness Group

The Youth Mindfulness Group is a free 7-week psychoeducational and support group for **young adults ages 18-30** who experience **anxiety**. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment.

Information session dates: Tuesday April 14 and Tuesday April 21 5:00 - 7 : 30pm

Program dates: Tuesday May 5 – June 16 5:00 - 7 : 30pm

Teen Mindfulness Group

The Teen Mindfulness Group is a Y Mind program that supports **teens ages 13 to 17** who are experiencing symptoms of **anxiety** to **learn and practice healthy coping strategies** to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings.

Information session dates: Wednesday April 15 and Wednesday April 22 3:30-5:00pm

Program dates: Wednesday May 6 – June 10 3:30-5:00pm

GLOW groups

GLOW (Girls' Life of Wellness) is a program that helps support **young women and non-binary youth ages 8-14** in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental.

(8-10 years old) - Program dates: Wednesday April 29– June 17 6:00-8:00pm

11-14 years old Program dates: Thursday April 30 – June 18 6:00-8:00pm

Mindful Monkeys group

Mindful Monkeys is a physical and **mental wellness program for youth ages 8-12** that helps support youth to be **more active and learn healthy coping strategies**.

Information session: Thursdays April 23 3:30-5:30pm

Program dates: Thursdays April 30– June 18 3:30-5:30pm

Registrations and referrals can be sent to mentalwellness@kamloopsy.ca , jenna.nickle@kamloopsy.ca , [250-319-6648](tel:250-319-6648), or [250-376-4771](tel:250-376-4771) ext. 122.