



Find your people.



Find your place.



Find your self.

Join us at Y Mind

A FREE mental wellness program that helps youth ages 13-18 find the mental health support they're looking for.

7 Week IN-PERSON Program for Youth.

TUESDAYS

October 22 - December 3

7:00 PM - 8:30 PM

3801 B Albert St (Regina)



Visit our website for more information,
or to register contact: janelle.janzen@regina.ymca.ca

Shine On 



Find your answers.



Find your balance.



Find your self.

Join us at Y Mind

A FREE mental wellness program that helps youth ages 13-18 find the mental health support they're looking for.

7 Week IN-PERSON Program for Youth.

TUESDAYS

October 22 - December 3

7:00 PM - 8:30 PM

3801 B Albert St (Regina)



Visit our website for more information,
or to register contact: janelle.janzen@regina.ymca.ca

Shine On 