

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.

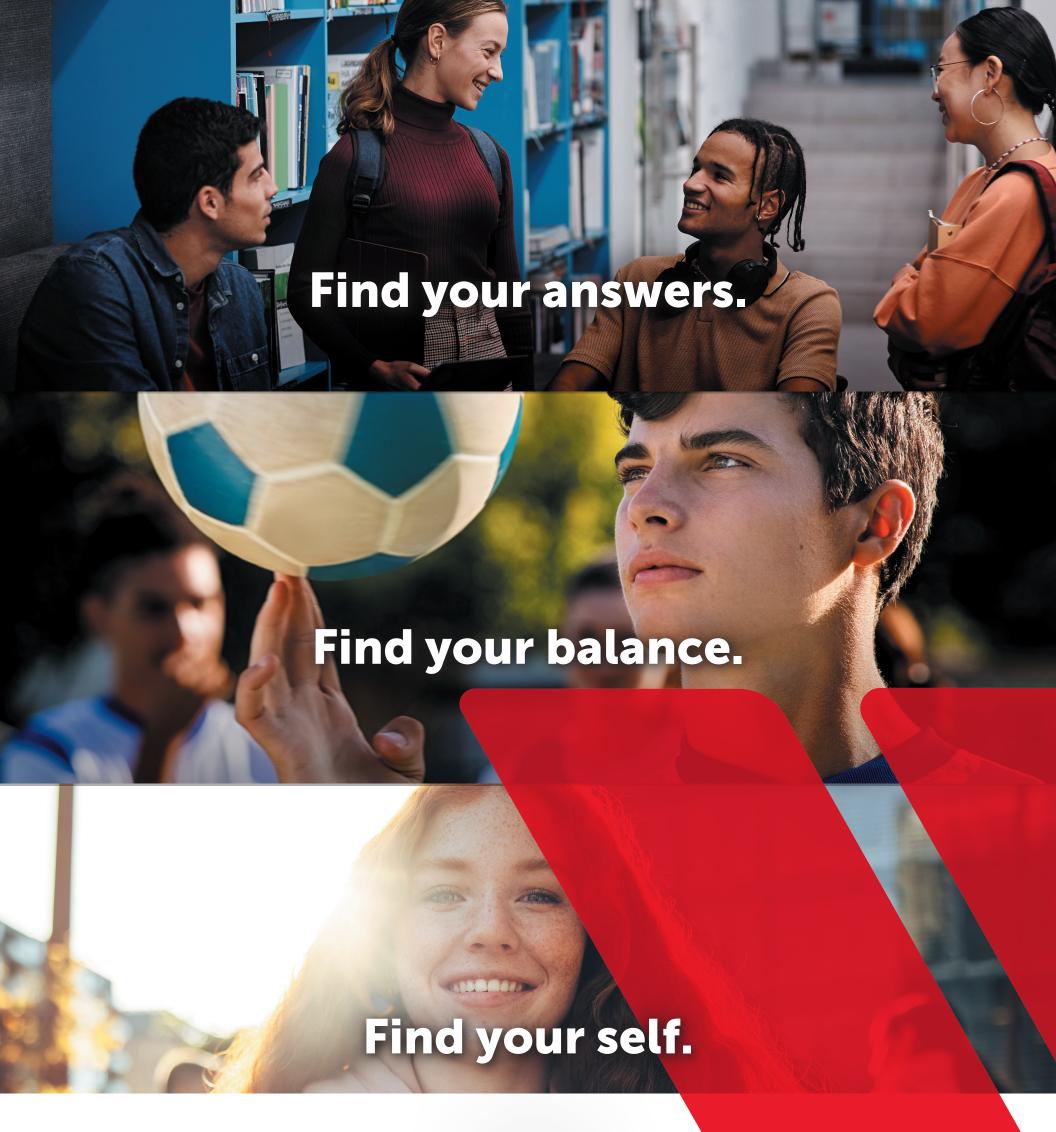
TUESDAYS

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





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

