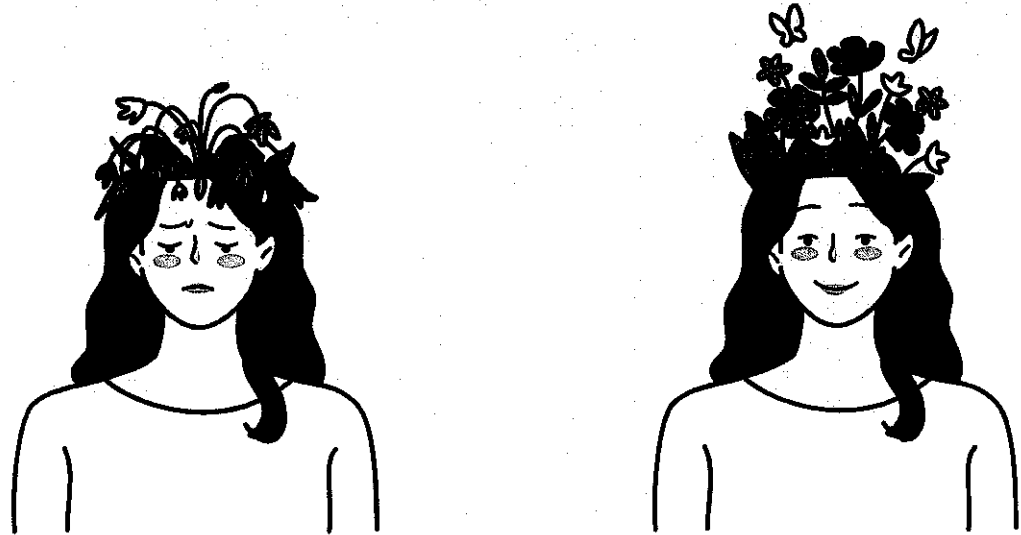


CHANGING MINDS



Changing Minds is an eight-week mental health support and education group for teens aged 13-17. We will be looking at topics such as self-esteem, stress, anxiety, depression, bullying, relationships, social media, and more.

Changing Minds runs on Wednesdays from 3-5 PM.

Dates: July 6 - August 24, 2022

Location: Capital Winter Club (232 Rookwood Ave)

This group is free of charge, supported by the Youth Mental Health initiative.

To register, or for more information:

✉ alyssa@familyenrichment.ca