

FREE - YMCA Virtual Mindfulness Programs

The following groups will be 100% online, all materials will be disinfected and delivered right to each participants door so that they can fully participate within the safety of their homes.

Youth Mindfulness Group - The Youth Mindfulness Group is a free 7-week psycho-educational 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.

Online 6:30-9:00 pm January 26- March 9

Info Session 1: January 12th 6:30-8:30pm

Info Session 2: January 19th 6:30-8:30pm

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.

Online 3:30-5:00pm January 27-March 10

Info Session 1: January 13th 3:30-5:00pm

Info Session 2: January 20th 3:30-5:00pm

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.

Online 6:30-8:30 pm January 21-March 11

Info session: January 14 6:30-8:30pm

GLOW - GLOW (Girls Life of Wellness) supports young women and non-binary youth ages 8-14 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups of 12-14 at the YMCA to have healthy skill-building discussions and participate in wellness activities.

Online 3:30-5:30 pm January 21 -March 11

***NEW* Adult Mindfulness Group** - We are excited to announce that we are launching Y Mind for adults this Winter. This free, seven-week program is open to those aged 31 and up who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings.

Our next online programs are starting in February 2021.

*Registrations and referrals can be sent to mentalwellness@kamloopsy.ca or 250-319-6648. Please get your referrals and registrations in quickly as spaces are filling up!