



Ages 13-18

* No cost to participate!

Learn to Manage Stress

Mind Medicine Groups

Everyone experiences worries and stress. Mind Medicine Groups are here to help young people develop coping strategies and build social connections.

To register, contact:

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778-694-4979

Mind Medicine - 7 Weeks

Wednesdays – 3pm to 4.30pm

Starting date: January 28th

153 Kootenay Way, Kamloops

This free program is run by caring, trained staff,
in a safe supportive environment.

Snacks and beverages will be provided.

Secwépemc Child and Family Services:

153 Kootenay Way, Kamloops, BC

Ph: 250-314-9669 Fax: 250-314-9609

