

Hi Everyone,

I hope you are all in good health and are taking care of yourselves while navigating through this challenging time. Many of you may know that at the Y we have continued many of our essential services, this includes all of our mental wellness groups and services. With that in mind we are launching some more online groups using the Zoom platform this spring, many of which have available spaces in them. These groups will be 100% online all materials will be disinfected and delivered right to the client's doors so that they can fully participate within the safety of their homes. Please take a look at the groups below and share them with anyone you know who might benefit from them.

Youth Mindfulness Group - The Youth Mindfulness Group is a free 7-week psychoeducational 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.

- *Information session dates: Tuesday April 14 and Tuesday April 21 5:00-7:30pm*
- *Program dates: Tuesday May 5 – June 16 5:00-7:30pm*

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.

- *Information session dates: Wednesday April 15 and Wednesday April 22 3:30-5:00pm*
- *Program dates: Wednesday May 6 – June 10 3:30-5:00pm*

GLOW groups - GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-14 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental.

- **(8-10 years old)**- *Program dates: Wednesday April 29– June 17 6:00-8:00pm*
- **(11-14 years old)**- *Program dates: Thursday April 30 – June 18 6:00-8:00pm*

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.

- *Information session: Thursdays April 23 3:30-5:30pm*
- *Program dates: Thursdays April 30– June 18 3:30-5:30pm*

Something to note is that because these groups are offered online, we are able to offer spaces to young people of other communities. If there is a large enough need, we may even open up additional groups to ensure that we are supporting young people during this time. Registrations and referrals can be sent to mentalwellness@kamloopsy.ca, jenna.nickle@kamloopsy.ca, 250-319-6648, or 250-376-4771 ext. 122.

Additionally, we are providing a number of free resources online through our social media platforms (Kamloops Y on Youtube, Facebook, Instagram). These include children's activities, a variety of guided mindfulness practices for all ages, and other mental wellness activities. We add new activities and guided mindfulness practices every week, so please feel free to share these with anyone! Please connect with me if you have any questions!

Stay well,

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