

Register on our website ([abbyyouth.com](http://abbyyouth.com)) ---- or scan the following QR code to access our store:



# FOCUS

A NEW Mental Health Group



**ARE YOU 13-16 YEARS OLD??**

*Are you interested in learning skills and tools that could help your mental health or maybe support a friend?*

Potential topics that will be discussed



Emotions and feelings



Stress



Resilience



Self-care



Anxiety

7 sessions starting  
Thursday May 9th 2024 @ 5:00-6:30pm

Cost: \$35

MRC Youth Centre  
Spaces Limited!

Register on [www.abbyyouth.com](http://www.abbyyouth.com)



Coping strategies



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