

Youth Mental Health and Addictions Services offers the following opportunities:

1. “Health Minds” drop in group **for youth ages 12 – 17**. The focus is Mental Health, Well-being, and basic coping. **It starts January 16<sup>th</sup>, 2018 . The group will be every Tuesday from 4-530 PM**
2. “Helping Teens Cope Workshop” drop in group **For parents** that have youth struggling with Mental Health Issues. The group starts January 23<sup>rd</sup> 2018. The group will be every Tuesday from 4-530 PM
3. Addiction Parent Support Group is a 10 Week Closed group. This group focuses on helping parents understand addiction, how to set boundaries etc. **Parents can call 306.655.7777 and ask to have an intake done for this group.**



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