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 16th, 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 23rd 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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