

**Attention
Grade 6-8
Students**



Chilliwack Youth Health Centre
Presents



BE KIND TO YOUR MIND WORKSHOP

Inviting students going into grades 6-8 to attend a free in-person group workshop.

You will learn cognitive behavioural skills to help with self-esteem, anxiety, confidence, and more!

This four-week program will be fun, engaging and informative!

**JULY 20 & 27, AUGUST 3 & 10
1-4PM @ THE NLC**

To sign up or ask questions contact:

Emily: emily.cyhcintern@gmail.com

Jonathan: jonathan.cyhc@gmail.com

or call/text/email the CYHC to ask to be connected with them!



Chilliwack Youth
Health Centre:

604-819-4603

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