



MENTAL WELLNESS PROGRAM

SHARE's Mental Wellness Group is designed for neurodiverse teens ages 13-18, experiencing sadness, anxiety, low-confidence, peer challenges, and/or loneliness by teaching strategies to cope and increase mental wellness.

The program runs once a week focusing on different skills and coping strategies. It is suited for youth interested in learning to understand their thoughts and feelings as well as connecting and sharing with other peers.

A parent/caregiver must be able to attend and participate in the program once a month.

Start Date: October 26, 2023

Every Thursday

Time: 5:30-7:30PM

Where: Tri-Cities Children Centre

2318 St. John's Street, Port Moody, B.C., V3H 2A9

Scan the QR code for registration.

Can't access the QR code? Register with Monique at monique.paulino@sharesociety.ca

REGISTER HERE

