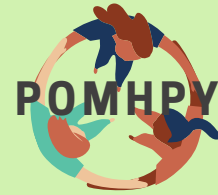


# ARE YOU BETWEEN THE AGE OF 12 AND 25?

JOIN OUR FREE, ONLINE MENTAL  
HEALTH PROGRAM FOR YOUTH!



**POMHPY** is a 6-week **Preventative Online Mental Health Program for Youth** between 12 and 25 living in Ontario.

POMHPY helps you improve your mental, physical, and social wellbeing through fun, peer-based, and interactive activities!

## WHY POMHPY?

- Earn **community service/volunteer hours**
- Develop **resilience skills**
- **Connect with youth** your age from across Ontario
- Earn a **POMHPY Wellness Certificate**
- Be eligible to train as a **future POMHPY facilitator**
- Receive up to **\$90 in gift cards** for participating



## SIGN UP NOW

Scan the QR code to link to the POMHPY sign up page, or find us at:



[www.OurYouthWellbeing.com](http://www.OurYouthWellbeing.com)



[OurYouthWellbeing@waypointcentre.ca](mailto:OurYouthWellbeing@waypointcentre.ca)



**TD READY  
COMMITMENT**

**Waypoint**  
CENTRE for MENTAL HEALTH CARE  
CENTRE de SOINS de SANTÉ MENTALE