

A PREVENTATIVE ONLINE MENTAL HEALTH PROGRAM FOR YOUTH



A mental health program for youth in Ontario featuring 6 evidence-based weekly wellness themes:



Affirming the Beat

Focus: music and positive affirmations



Bodies in Motion

Focus: physical activity



Balanced Bodies & Minds

Focus: being aware of the present



Creative Minds

Focus: mindful art



Finding Your Center

Focus: self-regulation techniques



Dream, Plan, Do!

Focus: developing sustainable goals

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



[OurYouthWellbeing.com](https://www.ouryouthwellbeing.com)



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