

NEW ROOTS

GROW THROUGH WHAT YOU GO THROUGH



Are you a youth struggling with anxiety? You are not alone!

Find peer support and mentors who will help you explore new strategies in a fun, no pressure, safe and supportive outdoor setting. We will explore yoga, hiking, art, mindfulness and effective tools for cultivating a peaceful state of mind. Program also includes 3 caregiver sessions with a focus on supporting youth and personal wellness.

WEDNESDAYS

Sept. 26 – Nov. 21

GOVERNMENT HOUSE

3:30-5:30 PM

Family celebration **Sunday, December 2**
at Prospect Lake with Power to Be

Youth 14-17 years

NO COST for families thanks to funding from the Island Health Wellness Grant

For more information and to request a **NEW ROOTS** Intake Form contact:

Sean@humannaturecounselling.ca

or text 250-896-9639

www.humannaturecounselling.ca

www.victoria.ca/recreation

Victoria youth programs are open to everyone!



Human-Nature
counselling & consulting



island health



CITY OF
VICTORIA



Oak Bay
Parks, Recreation
& Culture