

# Free to Be Me

Female identifying and non-binary identifying youth, ages 10-13.



## Group Description

An 8-week group for non-binary and female identifying pre-teens grade 6 –8. Through activities, games, and art kids will learn healthy ways to cope with anxious or low feelings while reducing isolations. This group will support participants in developing CBT and mindfulness skills.

To register for any group please email [groups@caminowellbeing.ca](mailto:groups@caminowellbeing.ca) or call 519-743-6333 ext. 3245

## When & Where

### When:

Tuesdays,  
January 16<sup>th</sup> to March 5<sup>th</sup>  
6:30 to 7:30 pm

### Where:

Camino Wellbeing + Mental Health,  
400 Queen St S  
Kitchener, ON, N2G 1W7

