



Kamloops
Community
YMCA-YWCA

Free YMCA membership

Get Active and Manage Stress

YMCA-YWCA Mindful Monkeys program, Ages 8-12

During Mindful Monkeys youth will learn healthy coping skills and get active in a safe and supportive environment. The program is run by caring, trained staff. **There is no cost to participate**

Contact us to register today

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kamloopsy.ca

Building healthy communities