

# 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.

## THURSDAYS

Sept. 27 – Nov. 22

BEAVER LAKE PARK

3:45-5:45 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:

[Katy@humannaturecounselling.ca](mailto:Katy@humannaturecounselling.ca)  
or text 250-857-6017

[www.humannaturecounselling.ca](http://www.humannaturecounselling.ca)

[www.saanich.ca/youth](http://www.saanich.ca/youth)

Saanich youth programs are open to everyone! People of all genders, sexualities, bodies, ancestries, cultures, and abilities are welcome.



Human-Nature  
counselling & consulting

