



**Boys & Girls Clubs
of the Foothills**
Great futures start here



Flex Your Head
Promoting Positive Youth Mental Health

Through the Youth Resource Centre, a partner in the Greater Foothills FRN, the Boys and Girls Clubs of the Foothills is pleased to offer the Flex Your Head program to support youth (ages 13-18). Flex Your Head is a universal mental health promotion program for youth created by Boys and Girls Clubs of Canada.

The Flex Your Head program was developed to help youth think about, talk about and understand issues of mental health and wellness within a safe, fun and welcoming environment. In an active, peer-based online format, youth are given the knowledge, skills and strategies to cope with stress and distress and promote mental health and wellness for themselves and those around them.

This is a 12-week virtual program that will run on **Wednesday afternoons** (4:30-5:30 pm) via Zoom starting **June 9, 2021**. **(In July & August, times may be adjusted to reflect the needs of participants.)**

There is no cost to participate in this program. If technology is a barrier to participation, please contact Nicole.

Pre-registration is required. To register, please email Nicole at operationsBGCF@gmail.com

A Proud Partner in the Greater Foothills Family Resource Network, providing the Youth Resource Centre

Alberta  *Provincial Family
Resource Networks*