

A PREVENTATIVE ONLINE MENTAL HEALTH PROGRAM FOR YOUTH



“ I really liked it. I learned a lot, and I'd say the whole program was really fun! ”
– POMHPY participant



WHAT IS POMHPY?

POMHPY is a FREE 6-week preventative (non-clinical) online mental health program for youth ages 12 to 25 living in Ontario.

Join our weekly 1-hour sessions and learn fun strategies to boost your psychological, social, and physical wellbeing!



**POMHPY IS MADE FOR YOUTH,
WITH YOUTH, AND SESSIONS
ARE FACILITATED BY YOUTH!**

JOIN POMHPY TODAY!

Does POMHPY sound like it's right for you? Register here



 OurYouthWellbeing@waypointcentre.ca

 OurYouthWellbeing.com

PROGRAM SESSIONS

Based on youth feedback, we developed six unique and exciting program sessions:



- * **Affirming the beat**
- ∞ **Bodies in motion**
- ∩ **Balanced bodies and minds**
- ≧ **Food for thought** or **Creative minds**
- ∪ **Finding your centre**
- ✦ ✦ ✦ **Dream, plan, do!**

FROM THE COMFORT OF YOUR HOME

This completely virtual program allows you to build stress management and resilience tools without leaving your house!



BENEFITS OF JOINING POMHPY

- Access to our exciting program
- Volunteer hours
- A POMHPY certificate
- Up to \$90 in gift cards for participating
- The opportunity to become a POMHPY facilitator



After running the program with our first group, here was their overall rating of POMHPY:



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