

On November 20th from 1030am – 4pm, The Brandon Youth Centre is hosting a FREE Mental Health and Wellbeing workshop. Youth will participate in engaging workshops, learn self – care skills, hear about local resources, and participate in fun activities! Each youth will receive a FREE lunch and snack and will be eligible to win prizes! Space is limited. Registration with the Youth Centre and completion of this form is free.

If you aren't registered with the Youth Centre, please email me at C.blanca@brandon.ca to receive a registration form.

PARTICIPANT REGISTRATION FORM

Participant Name: _____

Age: _____

Parent/Guardian Name: _____

Daytime Phone Number: _____

Emergency Contact: _____

Emergency Phone Number: _____

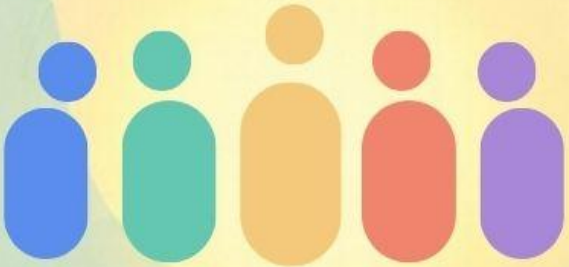
Dietary/Medical Conditions: _____

Parent/Guardian Signature: _____

Brandon Youth

Mindful Me

A mental health and wellbeing workshop for youth ages 8-17



NOVEMBER 20th, 2026
1030am - 4pm
YOUTH CENTRE, DOOR D, 638 PRINCESS
LUNCH AND SNACK PROVIDED
FUN ACTIVITIES, WORKSHOPS, FREE GIFT BAG

FREE PRE - REGISTRATION REQUIRED

City of BRANDON
Parks & Recreation Services

Funding provided by the Manitoba government