

Youth Mental Well-Being Programs

At the YMCA of Oakville, we are committed to supporting the mental health and well-being of young people in our community. Through a variety of programs, we provide youth with tools, resources, and a safe environment to manage stress, build resilience and foster personal growth.



PROGRAMS

HYPEE (Halton Peer Empowerment & Employment)

HYPEE is designed to support youth facing unemployment or underemployment by providing mentorship, skill development, and employment support. This program helps young individuals build confidence, gain work experience, and develop long-term career success.

Y Mind

This evidence-based program helps youth aged 13 to 29 manage anxiety, stress, and low mood. Using Acceptance and Commitment Therapy (ACT), participants learn mindfulness, self-compassion, and effective coping strategies to support their mental well-being.

mYnd Pump Program

Funded by the United Way of Halton and Hamilton, the mYnd Pump Program offers youth tools to manage stress, anxiety, and low self-esteem. Through engaging workshops, fitness programming, and group activities, participants develop healthy coping mechanisms and strengthen their mental resilience.

Alternative School Program

This program creates a safe and inclusive space where youth can reconnect with their school environment and develop a personal life plan. Through skill-building activities, mentorship, and positive behavior reinforcement, participants gain a sense of belonging and purpose while learning how to engage meaningfully with their community.

Stronger Together

Stronger Together is a free program designed for youth who identify as female, non-binary, or gender-questioning. It provides a supportive space to explore emotional and physical well-being while fostering empowerment and self-discovery in a small group setting.

HCHC Youth Council

The Oakville Halton Community Housing Corporation (HCHC) Youth Council is established to provide a platform for youth residents of HCHC-managed properties to engage in discussions, provide input, and contribute to decision-making processes on matters that affect their living environment, community development, and overall well-being. The Youth Council serves as a voice for youth within the HCHC community, promoting active participation, leadership, and community involvement. The aim is to provide youth with a meaningful opportunity to engage with their community, develop leadership skills, and have a positive impact on their living environment.

Join Us in Supporting Youth Mental Well-Being!



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