

# YSAP

## Connect Group

for people who use substances ages 16–24



Virtual on **Zoom**

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Every other **Wednesday**  
3:30 pm–5 pm

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- Self-care
  - Peer support
  - Coping skills
  - Psycho-education
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To register, email or text  
**[bronte.sg@ymcagta.org](mailto:bronte.sg@ymcagta.org)**  
437 249 8301

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**\$50 Gift Card** raffle for  
completion. Extra weekly  
raffle prizes!

# YSAP Connect



## What?

### Self Care

Explore what self-care means to you and learn diverse approaches.

### Peer Support

Build peer connections and a supportive community.

### Coping Skills

Develop practical coping skills.

### Psycho-education

Expand understanding through psycho-education.

### Build creativity

Express artistic creativity alongside self-discovery.

## Why Connect?

YSAP provides **free, confidential 1:1 counselling** support to youth **16–24** who **use substances**. We work from a **harm reduction** philosophy and provide harm reduction materials.

To learn more about YSAP, go to

[www.ymcagta.org/  
youth-programs/ysap](http://www.ymcagta.org/youth-programs/ysap)

**This is your space; we want to hear from you!**

Want to share your thoughts or feedback for group topics?

**Click the link below** to share ideas about ongoing group topics.

[www.surveymonkey.com  
/r/ZDLFMP8](http://www.surveymonkey.com/r/ZDLFMP8)