

Interested in improving your teens mental & physical health?

Check out this study from the
Children's Hospital Research Institute of Manitoba



Small group support with a
professional psychologist
(groups of 5)



Includes access to a personal
trainer & dietitian



Opportunity to connect with
other teen's
(virtually and in-person)



Learn new communication skills
to better manage relationships



Monthly honorarium provided

To LEARN MORE

SCAN ME



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This research has been approved by the
HREB at the University of Manitoba