The Adventures Club: A MAD Monday Original

A fun, social program supporting youth mental health

INFORMATION SESSION FOR PARENTS, CAREGIVERS & YOUTH

The Adventures Club is a group-based program for youth ages 12–16 who want to build confidence, coping skills, and stronger social connections — all in a **non-clinical, low-pressure environment.**

This information session will walk you through what the program is, who it's for, and how it supports youth mental health through play, collaboration, and real-world experiences.

WHAT YOUTH WILL DO/LEARN

- Practice coping skills through games and group activities
- Build confidence in social situations
- Learn to manage frustration and big emotions
- Connect with peers in a supportive environment
- Have fun while learning skills that actually stick

Based on a social flourishing approach, we focus on creating environments where youth can practice skills naturally — rather than expecting them to "fix" themselves. Youth build five key capacities:

1. Regulation
2. Collaboration
3. Planning
4. Perspective
5. Creative & imaginative thinking

⭐ IS THIS THE RIGHT FIT?

The Adventures Club **may be a good fit** if your youth:

- ✓ Is between 12–16 years old
- ✓ Experiences mild to moderate mental health challenges
- ✓ Struggles with social situations, frustration, or confidence
- ✓ Wants to connect with others in a non-clinical setting

This program may **not be the right fit** if your youth:

- ✗ Is experiencing severe mental health distress
- ✗ Is not interested in group activities or participation

INFO SESSION DETAILS

📅 Date: February 23, 2026

⏰ Time: 6:30 pm

📍 Location: Boardroom "B", 100-4 Fort Street

Register for the Info Session by visiting our website at moodmb.ca or scanning the QR Code.

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