



BREATHR

MINDFULNESS FOR YOUNG PEOPLE

The Breathr app provides ways for youth and young adults to get started with mindfulness: brain science facts, guided meditations, and simple practices.

BC CHILDREN'S KELTY MENTAL HEALTH RESOURCE CENTRE
AND BC CHILDREN'S CENTRE FOR MINDFULNESS

Each week we are highlighting a resource from School District 47's Mental Health and Wellness Hub. This week we'd like to highlight [Breathr](#), a *free* mindfulness app for youth and young adults. Created by BC Children's Kelty Mental Health Resource Centre and BC Children's Centre for Mindfulness, this app provides opportunities for youth to try a variety of mindfulness practices, from guided meditations to simple practices that can be used anywhere.

Find this resource and more on the [Mental Health and Wellness Hub](#). And check back often. We're adding more resources each week.