

MindHax

Find What Works For You



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- ☒ Anxiety Management
- ☒ Executive Function
- ☒ Growth Mindset
- ☒ Life Skills

MindHax is a **mental wellness** and **life skills** service for young adults starting their **launch to independence**.

We service youth **ages 17-30** who are motivated for **change** and **willing to learn** the “how” and “why” of **self-mastery** . . .



There's a difference between “knowing” and “doing”, and we recognize too many of our young Canadians are not meeting their full potential.

Contact us about support and strategies for your launch to independence

