

MHA MENTAL HEALTH ASSOCIATION INSPIRING HOPE AND HEALING | MOUNTAINCREEK

Lakeland Hills Family YMCA

GRIT 'n SNOW

2026 - 2027



$375

Lessons, transportation, rentals, and family celebration included!

SKILLS TRAINING

12/3
12/10
12/17

MOUNTAIN CREEK DAYS

1/3
1/10
1/24
1/31
2/7

MORE THAN A SKI TRIP. A STRONGER TOMORROW.

GRIT 'n Snow is Lakeland Hills Family YMCA's youth resilience series, where kids in grades 3-8 learn to snowboard at Mountain Creek Resort.

Along the way, they build skills, make friends, and grow a can-do mindset, with **support from mentors** at the **Mental Health Association** and **Lakeland Hills YMCA**. They'll fall, get back up, and leave a little braver every week.

That's GRIT!

LEARN MORE & REGISTER at www.lakelandhillsymca.com

BUILD SKILLS | MAKE FRIENDS | GROW CONFIDENCE

Financial assistance available.

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www.lakelandhillsymca.com