



Move Your Mood

Vision: Move Your Mood Active & Healthy for Life

Mission: Supporting individuals to improve mental and physical wellbeing through healthy lifestyle practices.

What is Move Your Mood (MYM): MYM is a research-based program that promotes physical activity and healthy lifestyle practices to improve the mental and physical well-being of participants. The MYM program provides opportunities for participants to experience how to move their bodies, fuel their bodies, practice mindfulness, and build positive coping strategies.

The MYM program has recently been offered the opportunity to grow within the new Central Alberta Child Advocacy Centre of Excellence, located on the grounds of Red Deer Polytechnic. The program will have a dedicated MYM Studio housed on the second floor of the Centre. It will be a shared space for all children and youth accessing services at the Centre, including services provided by: the Central Alberta Child Advocacy Centre, AHS Children’s Addiction & Mental Health, AHS Step Up Step Down program, and the Sexual Assault Centre.

The goal of the MYM Studio is to provide children and youth with a space where they can take a break from the challenges and stressors presenting in their life and learn positive ways to cope through interactive activities. The Studio will be a place where they can play, relax, practice mindfulness, be physically active, listen to or play music, take part in creative activities, and learn how to make healthy snacks that they can enjoy.

The Studio will provide a place for the structured 8-week MYM program to run and will be accessible to all professionals in the building to bring children and youth they are working with as part of the child’s treatment and healing plan. This is a new model for healing, recovery and prevention in our community and we are proud to be a part of it.

Beyond those benefits, it is our hope that the Studio will become a centre of learning for Red Deer Polytechnic students and other MYM coaches that run the program across central Alberta.

HOW CAN YOU HELP? For the MYM Studio to become all we want it to be for children and youth, we are seeking community support to help achieve our goals of outfitting the space with fun interactive equipment. The Red Deer Regional Hospital Foundation has partnered with us and can provide a tax receipt for any donations made to the MYM Studio. The following link or QR code can be used for making a donation and a tax receipt will be provided [Donation Form \(donorperfect.net\)](#). Please share with anyone you think would be interested in helping this dream come true for children and youth in our community.

For more information on the Move Your Mood Program visit:
[New Centre of Excellence - Move Your Mood | Alberta Health Services](#)

For more information about the Centre of Excellence visit:
[Centre of Excellence • Central Alberta Child Advocacy Centre \(centralalbertacac.ca\)](#)

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