



YOUTH SOCIAL GROUPS REGISTER TODAY

1

BUILDING HEALTHY RELATIONSHIPS

Interact with other participants through, guided activities, make social connection and Build Healthy Relationships.



2

LIFE SKILLS

Learn a variety of life skill like cooking basic meals, Budgeting skills, safety skills, etc.



3

ANXIETY

Decrease your anxiety through calming activities, learn coping strategies, relaxation techniques and gain the ability to overcome new places.



4

SOCIAL SKILLS

Meet new friends, Work together with a team of individuals, to complete guided activities. (Recreational) Participate in team building exercise's that encourage interaction and communication.



5

EMPLOYMENT READINESS

Build your skills, develop your resume, participate in mock interviews, volunteer & seek employment.



6

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