



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERMENT & PERSONAL DEVELOPMENT GROUPS

BY YMCA YOUTH & FAMILY SERVICES + JACKIE ROBINSON YMCA

Looking for a way to stay motivated and make some positive changes in your life?

We offer support groups specifically designed to help empower youth in their personal development. If you or someone you know is interested, contact Kari Taylor directly to get involved. Don't miss out on this amazing opportunity - see ya there!



**2nd & 4th Thursdays of the month
beginning January 12, 2023
4:00PM – 5:00PM**

Our groups provide a safe space for participants to share their experiences, learn from one another, and build meaningful relationships.



**Jackie Robinson YMCA, Teen Center
151 YMCA Way, San Diego, CA 92102**



**FREE and available for all Teen
Center or H.I.R.E. participants!
Contact us to see if you qualify!**



**To get started, call, text, or email:
Kari Taylor (619) 866-5484
ktaylor@ymcasd.org**

Develop essential skills such as :

- Communication
- Problem solving
- Decision making
- Increase self-awareness
- Increase confidence
- Set boundaries
- Manage stress
- Access resources

**GROUP
SESSIONS
ARE FREE!**