

YMCA of the Jersey Shore Counseling & Social Services

LET'S GET SOCIAL



Social Skills & Self-Esteem Group

JULY 27-AUGUST 24 • MONDAYS » 9:30-10:30 A.M.

Growing up isn't easy and no one should have to figure it out alone. The Growth Circle is a supportive, small-group experience designed to help kids build confidence, strengthen social skills, and feel more comfortable being themselves.

**AGES
11-13 YRS.**



PARTICIPANTS WILL LEARN HOW TO:

- » Build confidence and self-esteem
- » Start and keep conversations
- » Handle peer pressure and conflict
- » Communicate clearly and assertively
- » Manage big emotions and stress
- » Make healthier friendships

YMCA Camp Zehnder

3911 Herbertsville Road • Wall • NJ

For more info or to register,
contact Julia Cunningham:

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☎ 862.236.4846

» ymcanj.org



**A safe space
to grow, connect,
and thrive.**

YMCA OF THE JERSEY SHORE
Counseling & Social Services

YMCA NJ.org



Here for all.

Financial assistance is offered
based on availability of funds.

OUTREACH OFFICE

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OUTPATIENT OFFICE

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