

AGES 12-17 Y/O

PROGRAM SCHEDULE

3 days per week content

- 2 In-person Monday and Thursday (5-7pm)
- 1 Virtual Coaching Wednesday (6-7pm)

Location:

120 3rd Ave. Neptune City, NJ 07753
(Rear of 5 Kids Plaza)



COUNSELING SUPPORT SERVICES



ACCESS GRANTED

Youth will be introduced to program objectives, participate in an interactive discussion of what they hope to learn, and engaged to consider the importance of having access to counsel, coaching and guidance to accomplish goals.



MOTIVATED MINDS

Exploration of mindful practices with the intent of broadening perspective about self-directed stress reduction techniques to increase personal awareness.



TIES THAT BIND

Assessing the four pillars for establishing a relationship, youth will develop a criterion for what they desire to have in their life and what they can contribute to support healthy relationship bonds.



FOOD FUELS MOOD

Youth will be introduced to the importance of nutritional intake that empowers them to make wholesome food choices to live a healthy life.



MOVE YOUR BODY

Exploring body movement across cultures that promote regular physical activity to support wellness as a practical way to enhance the quality of life.



RESET WITH REST

Recognizing the importance of regular sleep patterns, youth will encounter strategies to help regulate rest and relaxation cycles to optimize health and wellness.



GRADUATION

Group cycle will close with an interactive recognition ceremony and celebration that will provide youth and family additional tools to cultivate continued growth beyond the program.



YOUTH COACHING & LEADERSHIP PROGRAM

Changing lives with a non-clinical approach



INCREASE SELF AWARENESS



Personal Goals



Planning

REDUCE ADVERSE EXPERIENCES



Empowerment



Independence

DEVELOP LEADERSHIP SKILLS



Communication



Self Advocacy



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1 Virtual Session: 6 - 7 pm (Wed)



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