



**FREE  
Groups  
for Youth**

# YMCA FAMILY SERVICES

## TEEN TALK

**Ages 13-17**

Effective strategies for:

- Positive Social Connections
- Managing Stress, Anxiety and Anger
- Making Positive choices
- Decision Making
- Peer Pressure

**Tuesdays 8:15 pm**  
limited space available

## Super Skills

**Ages 6-8**

- Making friends
- Getting along with others
- Healthy Communication Skills
- Positive Social Behaviors
- Problem Solving

**Tuesday 5:15 pm**

## Super Skills

**Ages 9-12**

- Making friends
- Getting along with others
- Healthy Communication Skills
- Positive Social Behaviors
- Problem Solving

**Tuesdays 5:15 pm**

**To register for a group:  
(631) 580-7777**

**Groups will start on July 19th  
and run through August 23rd.**

**\*Individual counseling is available.**

**These services are a part of the Diversion Project  
funded by the Suffolk County Youth Bureau**

**YMCA Family Services**  
1150 Portion Road, Suite #6  
Holtsville, NY 11742