

# YOUTHMOVE CUYAHOGA



2024

## "NEW YEAR, NEW ME"

GOAL SETTING: CREATE AND SHARE INDIVIDUAL VISION BOARDS, THEN IDENTIFY SHARED VISIONS TO CREATE A YOUTHMOVE GROUP VISION BOARD.

JAN  
27

FEB  
25

## HEALTHY RELATIONSHIPS 101

CONNECT WITH A COMMUNITY GUEST SPEAKER TO TALK ABOUT HEALTHY AND UNHEALTHY RELATIONSHIPS, AND SETTING BOUNDARIES.

## USE YOUR VOICE

PRACTICE SELF-EXPRESSION AND DEVELOP PUBLIC SPEAKING SKILLS THROUGH GROUP GAMES.

MAR  
24

APRIL  
28

## COMMUNITY OBSTACLES

IDENTIFY AND EXPLORE CHALLENGES THAT ARE IMPACTING YOUR COMMUNITY, AND CREATIVE WAYS TO ADDRESS THEM.

## TAKING ACTION

CREATE AN ACTION PLAN TO SPREAD AWARENESS AND ENGAGE THE GREATER COMMUNITY THROUGH A YOUTH LED PROJECT.

MAY  
26





# WHAT IS YOUTHMOVE CUYAHOGA?



YOUTHMOVE IS A GROUP OF YOUNG LEADERS, **14-18 YEARS OLD**, REPRESENTING MULTI-SYSTEMS. THEY WORK TO IMPROVE BEHAVIORAL HEALTHSYSTEMS AND SERVICES FOR YOUTH WITHIN CUYAHOGA COUNTY THROUGH ADVOCACY, EDUCATION, COMMUNITY SERVICE, AND PEER SUPPORT.



**GET INVOLVED!**

- EARN \$25 FOR ATTENDING MONTHLY MEETING.
- BE A LEADER IN YOUR COMMUNITY.
- GAIN LEADERSHIP & ADVOCACY EXPERIENCE.
- TRANSPORTATION ASSISTANCE AVAILABLE.

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