

FREE YOUTH PROGRAMS

YMCA Family Services

8 Ways to Relax (or Destress)

Understand stress and anxiety. Each week will focus on learning and practicing relaxation techniques.

- Recognizing physical signals
- Identifying stress triggers
- Ways of handling stress



Banana Splits

A support group for children experiencing a change in family structure such as divorce, separation, loss, etc...

- Express feelings and concerns
- Develop Healthy communication



Teen Talk

Effective strategies for:

- Making positive choices
- Managing stress/anxiety/anger Skills



Girl Power

Discussion topics include:

- Dealing with peer pressure
- Making good choices
- Healthy friendships
- Conflict resolution



Super Skills

This group will help your child with:

- Getting along with others
- Positive social behaviors and problem solving
- Healthy communication skills



**For more information, or to join a group
call 631.580.7777**

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

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