

# POSITIVE YOUTH PREVENTION PROGRAM

SKILL BUILDING ○ HEALTHY RELATIONSHIPS ○ RESILIENCE GOALS

*Several options are available for Teens 12-17 years old. Contact us for more information.*

## MENTORING

Teens will be matched with a trained college-age mentor. Mentor relationships will help teens to practice building relationships while providing one-to-one attention where the focus is on learning about and practicing boundaries, increasing social awareness and practicing effective decision making. Teens will experience and acknowledge their own personal value to be able to work towards planning for their futures.

## EXPRESSIVE WRITING & BRAVE GROUPS

These groups provide teens with a healthy outlet to express themselves and their life experiences. Expressive writing gives teens the opportunity to self-identify and redirect life experiences through music. BRAVE (Building Relationships through Activities) group for young men provides opportunities to develop leadership skills through educational and volunteer activities. The overall focus of both groups is on building resilience through relationships.

## STRENGTHENING FAMILIES

Working with the entire family to develop strong relationships connect and be successful together through bonding, boundaries, and monitoring. Parents will learn effective ways to connect with and guide their children. Teens and children will learn about themselves and their role within their family as well as how to connect to their parents.

**Contact Pathway to learn more and to make a referral.**

For Pathway, meeting the youth and family where they are at, is a key to developing a positive, impactful relationship.

**CONTACT LISA BROWN FOR MORE INFO**



**Lisa Brown**

Outreach Prevention Supervisor

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[WWW.PATHWAYCFC.ORG](http://WWW.PATHWAYCFC.ORG)

Pathway Caring for Children offers counseling, case management, and mentoring as well as several other services to help children, teens, and families.

We partner with YOU to assist in understanding and improving the emotional and behavioral issues teens and children may face. We connect YOU with resources to meet your family's needs.

Pathway offers support, encouragement and help to address challenges that include:

- Anxiety/mood issues
- Attention issues
- Behavioral problems
- Depression
- Divorce/family issues
- Low self-esteem
- Past trauma
- Social/peer relationships

Our mission is to help children and families realize the possibilities of their lives through foster care, adoption, and counseling.