



CHECK IT OUT

FAMILY AND CHILDREN RESOURCE LIST

YMCA

THE YMCA OFFERS PROGRAMS AND ACTIVITIES THAT SUPPORT ADOLESCENTS' PHYSICAL HEALTH, CONFIDENCE, SOCIAL CONNECTION, LEADERSHIP, AND SENSE OF BELONGING. THROUGH SPORTS, ENRICHMENT, MENTORING, AND COMMUNITY ACTIVITIES, TEENS HAVE OPPORTUNITIES TO BUILD SKILLS, DEVELOP HEALTHY RELATIONSHIPS, AND CONNECT WITH SUPPORTIVE ADULTS AND PEERS.



TALKINGWORKS

TALKING WORKS — CHILD & TEEN THERAPY

THERAPY DESIGNED TO SUPPORT CHILDREN AND TEENS AS THEY NAVIGATE BIG FEELINGS, LIFE CHANGES, SCHOOL CHALLENGES, FRIENDSHIPS, FAMILY RELATIONSHIPS, AND OTHER STRESSORS. A SUPPORTIVE SPACE WHERE YOUNG PEOPLE CAN BUILD COPING SKILLS, EXPRESS THEMSELVES, DEVELOP CONFIDENCE, AND WORK THROUGH CHALLENGES WITH PROFESSIONAL SUPPORT.



DOMESTIC VIOLENCE/ INTIMATE PARTNER VIOLENCE SERVICES SAFE HORIZON

PROVIDES CONFIDENTIAL SUPPORT, SAFETY PLANNING, CRISIS COUNSELING, AND CONNECTIONS TO RESOURCES FOR INDIVIDUALS EXPERIENCING DOMESTIC VIOLENCE OR INTIMATE PARTNER VIOLENCE. HELP IS AVAILABLE BY PHONE AT 1-800-621-HOPE (4673).

