

# Transition Age Youth



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>Ignite Your Life</b> 10:00 a.m. -11:00 a.m. <i>Cobblestone</i></p> <p><b>Ignite Your Life</b> 2:00-3:00 p.m. <i>Alvernon</i></p> <p><b>Ages 18-24 years-old</b></p>	<p><b>The Good, The Bad, The You*</b> 3:00—5:00 pm Every Thursday <i>Alvernon &amp; Cobblestone locations</i></p> <p><b>*Community group, Ages 18-24</b></p>	

<p><b>Wednesday Events:</b></p> <p><b>8/02/17</b>— Stress Management</p> <p><b>8/09/17</b>— Budgeting</p> <p><b>8/16/17</b>— Decision Making</p> <p><b>8/23/17</b> — Life Maps</p> <p><b>8/30/17</b> — Effective Communication</p>	<p><b>Thursday Events:</b></p> <p><b>8/03/17</b>— Zoo</p> <p><b>8/10/17</b>— Scavenger Hunt</p> <p><b>8/17/17</b>— Park</p> <p><b>8/24/17</b>— Trak</p> <p><b>8/31/17</b>— Bowling</p>
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**(520) 623-3533**  
*Se Habla Español*

## **Ignite Your Life**

This group focuses on improving life skills that can help you achieve your goals.

Topics include effective communication, managing stress, decision-making, managing time and money and improving social skills.

### **Events:**

**8/02/17**

Stress Management:

*Members will learn how to work through complicated scenarios and turn them into successes.*

**8/09/17**

Budgeting :

*Member will learn how to identify their personal triggers that lead to procrastination. .*

**8/16/17**

Decision Making:

*Member will participate in an actively that will allow them to weigh the risk and pay of the different decisions.*

**8/23/17**

Life Maps:

*Members will create their own life maps to identify goals and the steps to take towards their success.*

**8/30/17**

Effective Communication:

*Member will discuss related to effective communication in a variety of real world settings.*

## **The Good, The Bad, The You**

*This community group is for members ages 18-24 to learn ways of accepting the good within themselves. You will learn coping skills that teach ways of improving how you handle stress, prevent relapse and promote a healthy lifestyle.*

### **Events:**

**8/03/17**

Zoo:

*Members will have the opportunity to visit the zoo to learn how to use nature and observing wildlife for stress relief.*

**8/10/17**

Scavenger Hunt:

*Members will be taken to a location around the community to learn the importance of teamwork and effective communication to accomplish tasks.*

**8/17/17**

Park:

*Members will be guided through games and activities to enhance social skills and learn how to reduce stress and anxiety through games.*

**8/24/17**

Trak:

*Members will be taken to Trak to explore how animals can be used therapeutically and to aid with different disorders.*

**8/31/17**

Bowling:

*Members will be guided to use bowling as a tool to reduce anxiety, anger, depression and stress.*

