

# **SPRING 2019**

# **GROUPS AT THE ROAD**

## **LIFE SKILLS**

### **5-6 PM ON MONDAYS, 1/21/19-4/15/19**

**LIFE SKILLS AIMS TO EDUCATE YOUTH ON WHAT IT MEANS TO BE INDEPENDENT AND TEACHES THEM THE SKILLS INVOLVED WITH TRANSITIONING FROM A DEPENDENT LIVING STATE TO AN INDEPENDENT ONE. TOPICS SUCH AS JOB SEARCH ASSISTANCE, LOOKING FOR AN APARTMENT, CAR MAINTENANCE, SEWING, AND OTHER VALUABLE LESSONS ARE TAUGHT THROUGHOUT THE COURSE.**

## **BRAINWISE**

### **4-5 PM ON TUESDAYS, 1/22/19-4/30/19**

**BRAINWISE IS A PROVEN, EVIDENCE-BASED PROGRAM FOR BUILDING CRITICAL THINKING AND DECISION MAKING SKILLS IN TEENAGERS AND YOUNG ADULTS.**

## **HEALTHY RELATIONSHIPS**

### **5-6 PM ON THURSDAYS, 1/24/19-4/18/19**

**HEALTHY RELATIONSHIPS IS A GROUP THAT LOOKS BEYOND JUST INTIMATE RELATIONSHIPS AND FOCUSES ON A BROADER SENSE OF THE TERM. PARTICIPANTS WILL NOT ONLY LOOK AT HOW TO CREATE AND MAINTAIN A HEALTHY INTIMATE RELATIONSHIP BUT HOW TO DO THIS WITH PEERS, FAMILY, AND THE WORLD AROUND THEM.**

**DROP-IN GROUPS ROTATE ON  
A 12-WEEK SCHEDULE .**

**PLEASE CHECK THE ROAD'S CALENDAR AT  
[WWW.THEROAD4YOUTH.ORG](http://WWW.THEROAD4YOUTH.ORG)  
FOR MORE INFORMATION.**