SOUTHERN INDIAN HEALTH COUNCIL, INC.
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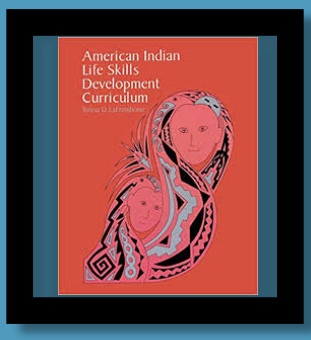
L.I.F.E. Skills for Youth

L.earning
I.ncredible skills
F.or
E.verything

Skills that last a lifetime! A 2 part, 14 week, resiliency and life skills curriculum group. Participants will enjoy a culturally relevant program where they will develop life skills and make more connections within their communities. Teenagers, age 15 and up, will also receive financial literacy lessons during the curriculum.

For ages 10-19



Lessons Overview

- Freeze! It's a party!
- Making a dream
- Spinning our own web
- Dealing with emotions and stress
- Planning ahead for my future
- Personal Rights, Personal Power
- Effective Problem solving
- Financial literacy (Age 15+)

RSVP your spot today!

Facilitated by the Youth and Family Advocate.
Indian Child Social Services

*Due to Covid-19, all group lessons will be offered in a virtual setting until further notice. Supplies for the activities will be contact-less delivered to participants prior to each group.

To RSVP please contact: Elizabeth Gonzalez (619) 445-1188 ext. 215 Email: egonzalez@sihc.org

Please note: SIHC reserves the right to photograph the event and activities and utilize the photos for promotion, advertising, or any communication regarding the Clinic. You may request not to be photographed.