



INSPIRATION  
AT WORK

## YOUTH Calendar | Jan – Feb 2015

THRIVE's youth and young adult program allow participants to meet and socialize with others in a supportive group community. Our youth based programs help develop interpersonal skills, self-esteem and skills in independent living. Our programs help members develop the confidence and the skills to get connected to their community.

### Leisure Education and Personal Development

**Go Girls** | This program supports girls in an encouraging group atmosphere where they can have candid conversations about building confidence and self-esteem while participating in positive leisure activities.

### Physical Health

**Indoor Climbing** | Learn the basics of indoor climbing and how to support others in climbing sessions in this group activity.

**Go Fit** | Explore various dynamic physical activities appropriate for the winter season.

### Connections

**Go Social** | This program provides an opportunity for youth and young adults to develop socialization and networking skills. Explore social skills in a safe and fun learning environment. This program consists of group outings and discussions.

**Note: These programs are youth/young adult specific. Please check out our all ages program brochure for other course offerings.**