



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN TOPICS ON TUESDAYS

Workshops for Teens in July PROJECT COMMUNITY PRIDE

Calling all teens! Join us on Tuesdays throughout the month of July to build connections and gain support. Expert guest speakers address topics of stress and anxiety, nutrition and body issues, and peer pressure and substance use. These informal discussions provide teens a safe space to ask questions and further explore these topics. Director of Project Community Pride of the Madison Area YMCA Christine McIntyre, LCSW, facilitates each workshop.

DATE / TIME / TOPIC

- | | |
|-----------------------|---|
| July 5, 2022; 4-5PM. | Peer pressure and substance use with Director of Madison Chatham Coalition Allison Bardon. |
| July 12, 2022; 4-5PM. | Nourishing your body and addressing body image issues with nutritionist Alyssa Mitola from Mitola Nutrition. |
| July 19, 2022; 4-5PM. | Stress and anxiety among teens, and developing healthy coping skills with Director of Project Community Pride Christine McIntyre. |

WHERE

Madison Area YMCA's Family Center: Boszhardt Family Teen Center.

AGES

Ages 13 – 18 years.

REGISTRATION

Workshops provided at no fee; Registration required.
To register, email cmcintyre@madisonymca.org.

CONTACT

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MADISON AREA YMCA

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