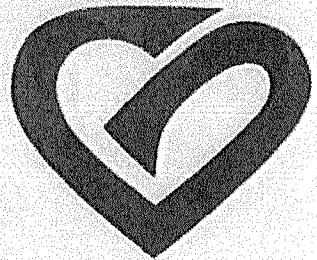
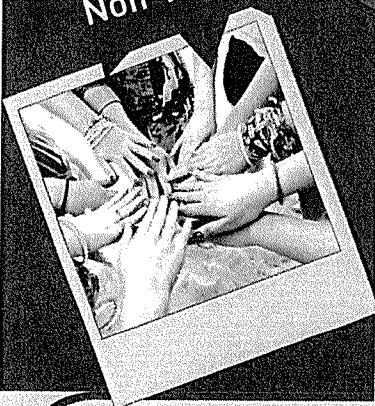




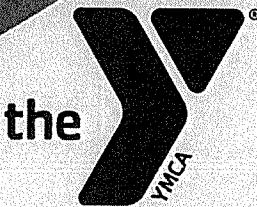
**FREE  
Workshop  
for  
Members  
Begins Sept 28**  
Non-Members \$10



**Proud  
Partner**

**Girls'DareToHope**

HOPEFUL GIRLS. GIVE HOPE TO A GENERATION



## **MEETING PLACE: SPRINGFIELD YMCA**

194 W. Sproul Rd  
Springfield  
610.557.YMCA (9622) ext. 3

**Thursdays**  
**5:30pm to 6:30pm**

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**FREE to teenage  
girls ages 13-19  
and parents**

**To Learn  
More/Register  
Contact:**

**Colleen Gutowski  
Sr. Health and Wellness Director  
Springfield Branch  
P: 610-557-9622 x 5011  
E: cgutowski@cyedc.org**

"The Girls' Date to Hope" is an innovative after school mental health program that seeks to address the emotional and psychological needs of teen girls, 13-19 years old. The program's core foundation is a unique developed model "The Love & Listen Approach", which integrates principles and practical teachings to provide effective tools that focuses on promoting emotional well-being, building healthy communication, relationships and providing support to empower teens to navigate the complex issues encountered during their teen years.

The "Love & Listen Approach" is a relational and compassionate approach to healthy communication and conflict resolution. It emphasizes the importance of love, empathy, and intentional, attentive listening, which is crucial when addressing the unique mental health challenges faced by teen girls. As well as encouraging and teaching teens how to develop and embrace healthy communication & relationships with their parents and peers.

This approach creates a nonjudgmental safe space where teens feel heard, validated, seen and understood allowing them to be comfortable in expressing their emotions and seeking support.



**FREE Workshop  
for  
Members  
Begins Sept 26**  
**Non-Members \$10**

**Proud Partner:**

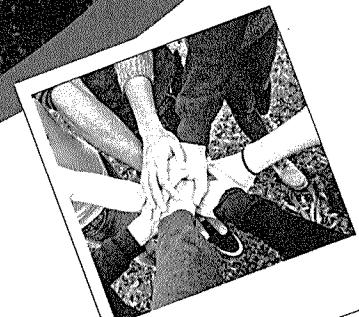
**Informed Moms  
change lives**

**Mom2Mom, Safe Space Workshop  
for teens and parents led by  
Ceceley Chapman**

Teen times aren't easy for parents either. Teens that deal with depression, anxiety etc., experience significant emotional and sometimes physical pain, and they sometimes do not know how to ask for help.

Mom 2 Mom is a safe & supportive space, created just for parents & caregivers of teens struggling with depression, anxiety and self-harm.

Offering a safe, supportive space for parents to explore the science behind mental health in teens. Obtaining understanding of what mental unhealthiness is, how it affects their teen and the ability to identify concerning behaviors. Parents will also learn how to engage in effective conversations and communication with their teens using our unique model the "Love & Listen Approach".



## **MEETING PLACE: SPRINGFIELD YMCA**

194 W. Sproul Rd  
Springfield  
610.557.YMCA (9622) ext. 3

**Tuesdays**  
**4:30 to 5:30pm**

**FREE to teens  
ages 13-19  
and parents**

**To Learn  
More/Register  
Contact:**  
Colleen Gutowski  
Sr. Health and Wellness Director  
Springfield Branch  
P: 610-557-9622 x 5011  
E: [cgutowski@cyedc.org](mailto:cgutowski@cyedc.org)