



CHILL OUT

Influence. Inspire. Empower.

CHILL OUT SESSIONS ARE A SAFE PLACE FOR TEENS TO HANG OUT, HAVE FUN, AND BUILD LIFE SKILLS THAT WILL EMPOWER THEM TO LIVE UP TO THEIR FULL POTENTIAL AND LEAD HEALTHY, SUCCESSFUL LIVES.

2021 AUG/SEPT TOPICS

Aug 12, - Heavy on My Heart

Aug 19, - Self Awareness (craft project)

Aug 26, - Mindfulness

Sept 2, - Forgiveness is a choice

Sept 9, - Inherent Worth

Sept 16, - Kindness, Respect, Generosity, Love

Sept 23, - Forgiveness does not mean there is always reconciliation

Sept 30, - Challenge to forgive

Date: Every Thursday

Time: 5:45 pm – 7:30 pm

Location: Community Cultural Center

17000 Monterey Rd.

Morgan Hill, CA 95037

(Poppy Jasper Room)

(CDC COVID-19 Guidelines)

This Program Addresses the 41 Developmental Assets

#40 POSITIVE VIEW OF PERSONAL FUTURE

Young person is optimistic about her/his personal future

Register using the link below or by scanning the QR code.

<https://www.surveymonkey.com/r/DKSZMRX>



Chill Out is FREE and ages 11-18 are welcome.

*For more information, please contact Dori Prado, Chill Out Program Director,
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