MAS Social Services Foundation

SHIFA FOR YOUTH PROGRAM

CREATING A SAFE AND GROWTH ORIENTED SPACE FOR OUR YOUTH

Our Shifa for Youth Program was developed in 2021 with a focus on building self-esteem through education, mentorship, empowerment and unity. In collaboration with community partners, we strive to break down barriers, increase youth mental health, academic wellness and foster a sense of belonging and community within our youth. We strive to ensure our youth are well-equipped with the tools and resources they need and desire to work towards successful outcomes within their family lives, relationships, professional and academic goals. Services are offered in Arabic, Dari, Farsi, Pashto and Urdu.

WORKSHOPS & TRAINING

- Adjusting to a New Environment
- Anti-bullying
- Coping with Change
- Dual Identity
- Know Your Rights
- Life Transitions
- Parenting Teens
- Peer Support Counseling Services
- Personal Hygiene
- Youth Mental Health First Aid
- Several More Workshops Available Upon Request

SERVICES

- Academic Support
- Developmental Screenings
- Family Engagement
- Mentorship
- Volunteer Opportunities
- Youth Advocacy
- Youth Focused Training

MAS-SSF | (916) 486-8626 | info@mas-ssf.org | www.mas-ssf.org |