



**Ages 12–19**

# Youth Transitions Program

You're closer to reaching your potential than you think.

## About Youth Transitions Program (YTP)

YTP gives participants a sense of belonging through one-on-one support and mentorship, and offers workshops to develop the life skills they need to be healthy, stable adults.

Using a trauma-informed and strengths-based approach, students gain resiliency, cultivate positive mental well-being and gain the capacity to reach their fullest potential.

### **YOUTH EMPOWERMENT (MONDAYS) – (3:30 - 6 PM)**

**Location:** William Lutzky YMCA Telus Room (1975 111 Street NW Edmonton)

One to one support, group activities & workshops with YMCA Youth Support Workers. Whether it's school work, recreation or life-skills, Mondays is a no-stress and safe environment where youth can learn and explore their interests and goals with mentors and role models. SNACKS PROVIDED!

### **YOUTH REC TIME (THURSDAYS) – (3:30-6 PM)**

**Location:** Boyle Plaza YMCA Gym (9538 103A Avenue NW)

Play and learn in a safe and welcoming environment for youth 12-19. Youth Support Workers host drop-in rec sport/game activities, arts/music, workshops, food and plenty of fun stuff. SNACKS PROVIDED!

*No cost to participate!*

## **Signing up for YTP**

Teens aged 12–19 can sign up for YTP through self-referral by contacting our YMCA Youth Transitions Program team at:

Call or email for INFO!

Ph: 780-906-4400  
[taro.hashimoto@ymcanab.ca](mailto:taro.hashimoto@ymcanab.ca)

[www.ymcanab.ca](http://www.ymcanab.ca)

