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Youth Leadership & Drop-In Center

Niagara Counselling is sponsoring a youth program at our Niagara Falls location. The program is 10 weeks in length, each Friday evening from 6-8 pm (beginning November 4th), for youth aged 10-17.

Our mission of is to help youth develop good decision making skills, engage in team building activities, and to understand values which enhance self-esteem. As well as providing a safe, fun, and non-judgmental environment for youth and teens; to discuss some of the concerns and issues they have as an adolescent.

The program is FREE to attend.

Email: niagaracounselling@gmail.com to register, or drop in and try the program out!

Sessions include:

1. Art, dramatic arts, and craft based learning
2. Physical Activity
3. Audio visual components
4. Educational discussion
5. Individual and group activities
6. Guest Speakers and Presenters

Date	Time	Theme
Nov 4	6 - 8 pm	Self-Esteem
Nov 11	6 - 8 pm	Communication
Nov 18	6 - 8 pm	Bullying
Nov 25	6 - 8 pm	Goal Setting
Dec 2	6 - 8 pm	Managing Stress
Dec 9	6 - 8 pm	Peer Pressure
Dec 16	6 - 8 pm	Health & Fitness
Jan 6	6 - 8 pm	Moods
Jan 13	6 - 8 pm	Time Management
Jan 20	6 - 8 pm	Empathy

Empowering youth and their families through leadership, education, creativity, support, and fun!



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