



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HEALTHY MIND AND BODY TEEN SPEAK PROGRAM **for parents**

MONDAYS

May 10, 17, & 24th

6 p.m. – 7:15 p.m.

In partnership with the City of Vineland Health Department and Teen Talk New Jersey, our YMCA is proud to host a new program offering support to parents with middle school or high school age children.

This 3 week program, will touch on topics like:

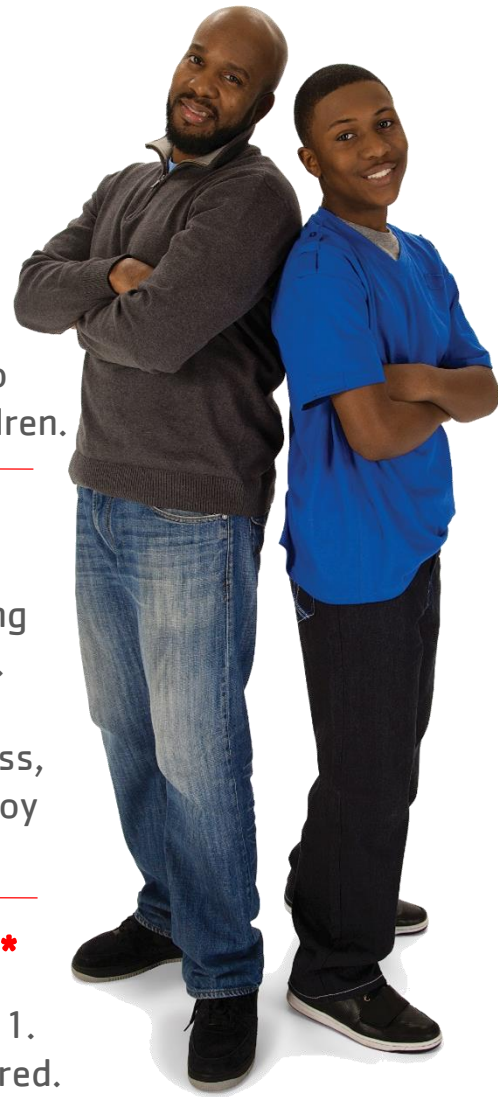
Building a Strong Foundation with your child, Motivational Communication Strategies, Encouraging “Change Talk,” and Dealing with Difficult Behaviors.

Light refreshments will be provided. After each class, participants will receive a special guest pass to enjoy our Zumba class.

FREE and OPEN to the Community*

Must register with Member Services by May 5, 2021. Limited Spaces Available. Facial Coverings are required.

Participants who complete **ALL THREE CLASSES** will receive a Shop Rite Gift Card and a 1 month YMCA family facility membership.



**Funding provided by
the New Jersey
Department of Health*

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org