



Building a
framework of life
skills for a happy
and healthy life



Tuesdays at YFFC

Stress & Anger Management
4-5 pm

recognize stress and anger
triggers, understand mental
health impact, healthy coping
skills, stay in control



GAPS - Foundations
5-6pm

Foundations equips teens to
make positive life choices in
the areas of friends, school,
family, drugs & alcohol and
setting boundaries.

