



Youth & Families For Christ
What Starts Here Changes Your Life...

Tuesdays at YFFC for 7-12th Grade

Teens building a framework of life skills
for a happy and healthy life

Stress & Anger Management 4-5 pm

- Recognize stress & anger triggers
- Understand mental health impact
- Healthy coping skills
- Learn self-management

GAPS - Foundations 5-6 pm

- Make positive life choices in areas of:
 - friends
 - school
 - family
 - drugs & alcohol
 - setting boundaries

2809 13th St. Columbus, NE (Downtown)

Call Us @ 402-564-3700

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