

AMAZING LEARNING EXPERIENCES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Virtual TAYA Tuesday Workshops

The YMCA will offer a series of Teen and Young Adult Advancement (TAYA) virtual workshops this fall for area residents, ages 14–21. Open to the community, these fun and informative sessions will cover an array of topics designed to help teens and young adults develop important life skills.

JOIN US:



Tuesday, September 15 **Chill Out – Stress Management**

In this workshop, you will have an opportunity to learn more about what contributes to your own stress and anxiety, while learning tips, tools, and coping skills you can apply NOW to help manage those big feelings. Come prepared to learn, build your skills, and most importantly, have fun!



Tuesday, October 20 **Your Future Awaits – How Do I Get Into College?**

Students have a variety of choices after graduation and putting a plan together is the first step toward having future success. This workshop will feature a Q&A session designed to help guide you through the college application process.



Tuesday, November 17 **Stash Your Cash – How to Manage Your Money**

Navigating the world gets much easier when you have an understanding of personal finance. This workshop will help you learn how to effectively manage a budget and provide tips for ways you can start saving for your future.



Tuesday, December 15 **Don't Get Your Tinsel in a Tangle – Holiday Trivia Night**

Join us for some fun and games with a special holiday themed trivia night. Spread holiday cheer and test your knowledge against friends as the spirit of the season gets into full swing.

COST:

- Free for YMCA Facility Members and current Teen Achievers students
- \$5 per workshop for Community Members

REGISTER TODAY!

To register, please visit www.jolietymca.org. Upon registration, participants will receive a Zoom invite to join the virtual workshop. Deadline for registration is the Sunday prior to each workshop.

GREATER JOLIET AREA YMCA
(815) SAY-YMCA
www.jolietymca.org

