







## **Building tomorrow's leaders today!**

Centerstone's Community Youth Services aims to increase positive social activities and community engagement through three components:

- 1. Positive Youth Development
- 2. Youth Community Collaboration
- 3. Youth Action Committee

Community Youth Services builds a number of skills such as:

- Communication
- Decision making
- Goal setting
- Anger and stress management
- Resistance to peer pressure

- Problem solving
- Values
- Diversity awareness
- & much more!

Youth are able to enhance these skills through peer mentor programs, employment skills, family vacation nights, and other community projects.

For more information, call 1-877-HOPE123 (877-467-3123) or visit centerstone.org.

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Centerstone is a nonprofit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.