



## Youth Advisory/Action Committees

Want your voice to be heard? Want to go on fun trips and win great prizes? Want to bring REAL CHANGE to your community? Want to help prevent youth delinquency and violence? Join us!

### Youth Advisory Committee

#### Who can serve?

- 12-15 years old
- Ability to attend monthly meetings
- Live in Williamson or Jackson counties

#### Why serve?

- Skill building including decision making, teamwork, problem solving, stress management, anger management, self-esteem, character building, values and resiliency
- Giveaways, gift cards, prizes and more
- Meet new people and make new friends
- Sense of belonging to a group
- Socialization and field trips

#### How can you join?

- Jackson County:
  - Contact Heather Miller
  - (618) 663-5340
  - heather.miller@centerstone.org
- Williamson County:
  - Contact Christina Rodgers
  - (618) 922-7152
  - christina.rodgers@centerstone.org

### Youth Action Committee

#### Who can serve?

- 11-24 years old
- Ability to attend semimonthly meetings
- Live in Carbondale or Murphysboro

#### Why serve?

- Skill building including decision making, teamwork, problem solving, stress management, anger management, self-esteem, character building, values and resiliency
- Giveaways, gift cards, prizes and more
- Meet new people and make new friends
- Sense of belonging to a group
- Socialization and field trips

#### How can you join?

- Contact Magdalena Dul
  - (618) 305-4618
  - magdalena.dul@centerstone.org

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### About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Georgia, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Centerstone's Research Institute improves behavioral healthcare through research and technology. Centerstone's Foundation secures philanthropic resources to support our work. For more information, visit [centerstone.org](http://centerstone.org).