



# BOYS to MEN'TORS

Presented by YWCA Tri-County Area's Empowerment Team

## YOUTH EMPOWERMENT PROGRAMS

# PAUSE. BREATHE. ACHIEVE.

## SUPPORT FOR OUR GIRLS & FAMILIES

- Physical exercise
- Character development tools
- Artistic expression
- Health education
- Offering healthy, safe ways to push limits and test boundaries
- Balance the intense
- Emotions of adolescence
- Build trust in a circle of supportive peers and facilitators

"I really like this class because it helps me control my feelings better."  
- Boys to Men'tor Participant

### WHAT

Boys to Men'tors learn:

- tools to become more peaceful and balanced.
- to see themselves as powerful and capable of actualizing their full potential.
- improved self-awareness, self-respect and self-regulation.
- to process emotions and thoughts with peers and staff in healthy, supportive, and realistic ways.
- healthy light snacks and refreshments

### WHEN

- Starting October 4, 2022
- Every Tuesday
- 3:30 pm to 5:00 pm afterschool

### WHERE

- PMS Middle School after school from 3:30 - 5:00pm
- Programs are FREE to all PMS MS Students

### HOW

**Register your YWBoy today!**  
<https://tinyurl.com/YWYouthEmpowerment>

Questions? Email [yep@ywcatricountyarea.org](mailto:yep@ywcatricountyarea.org)

YWCA Tri-County Area is not affiliated with any specific School District.



## YW3CA IS ON A MISSION TO ... EMPOWER COMMUNITIES!!!

[www.ywcatricountyarea.org](http://www.ywcatricountyarea.org)

