

FOR TEENS AND YOUNG ADULTS



YOUTH RESOURCES

3RD MILLENNIUM COURSES FOR TEENS

ONLINE COURSES - FREE

AGES: 14 – 17

CONTACT: WASATCH BEHAVIORAL HEALTH, TRUDY BRERETON
(385) 268-6754 OR TRUDYB@WASATCH.ORG

ONLINE COURSES FOR TEENS, CAN BE COURT/PARENT/SCHOOL REFERRED.

COURSES OFFERED ARE NICOTINE 101, ALCOHOL WISE, CONFLICT WISE, THC 101, CANNABIS WISE, OTHER DRUGS.



ENCIRCLE HOUSE

WEEKLY PROGRAMMING FOR LGBTQ+ TEENS/YOUNG ADULTS

IN PERSON – FREE

AGES: YOUTH/YOUNG ADULTS AGES 12 - 25

ENCIRCLE HEBER LOCATION, [81 EAST CENTER ST. HEBER CITY, UT](#)

MONDAY – ADULT FRIENDSHIP CIRCLE, 5:30 PM, AGES 18+, FAMILY DINNER 6-30 P

TUESDAY – WRITING NIGHT, 7:00 PM, ALL AGES

WEDNESDAY – YOUTH FRIENDSHIP CIRCLE, 5:30 PM, AGES 12-17,
ART 7 PM AGES 12-25

THURSDAY – YOUNG ADULT FRIENDSHIP CIRCLE, 5:30 PM, AGES 18 - 25,
MUSIC 7 PM AGES 12-25

FRIDAY – FUN FRIDAY, 4:30 PM, ALL AGES, GAME NIGHT 5:30 PM, ALL AGES.



WASATCH HIGH SCHOOL TEEN CENTER

TRANSITION COLLEGE BUILDING NEAR WEST CAMPUS

IN-PERSON – FREE

AGES: THE TEEN CENTER IS AVAILABLE FOR ALL WHS STUDENTS

CONTACT: JENNIFER.ROSKELLEY@WASATCH.EDU

- BORED? A PLACE TO HANG OUT WITH WEEKLY ACTIVITIES
- HUNGRY? SNACKS PROVIDED DAILY
- DIRTY? LAUNDRY & SHOWERS AVAILABLE
- STRUGGLING IN SCHOOL? ASSISTANCE WITH CLASSWORK
- NEED A JOB? RESUME SUPPORT, JOB SERVICE, INTERVIEW
- THINKING ABOUT YOUR FUTURE AFTER HIGH SCHOOL? GUIDANCE

TUES, WED, & THURS 2:30-4:30 PM



META-MINDFUL CONNECTION

IN-PERSON OR ZOOM - FREE

AGES: 14 - 21

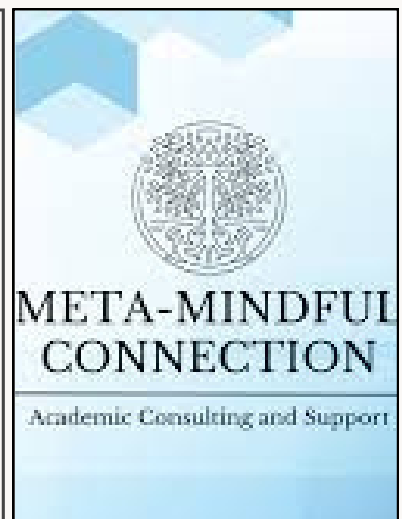
OFFERED IN ENGLISH AND SPANISH

PHONE: (435) 503-4959

EMAIL: BALANCED@METAMINDFULCONNECTION.COM

MORE INFORMATION HERE: WWW.METAMINDFULCONNECTION.COM

META MINDFUL CONNECTION HAS TEAMED UP WITH DEPARTMENT OF WORKFORCE SERVICES TO OFFER CAREER EXPLORATION AND WORK READINESS PROGRAM. OFFERS STUDENTS RESOURCES TO BE READY FOR ANY OF LIFE'S ENDEAVORS THROUGH ALTERNATIVE LEARNING SOLUTIONS FOR INDIVIDUAL SUCCESS. STUDENTS CAN BENEFIT FROM JOB EXPLORATION COUNSELING, WORK-BASED LEARNING EXPERIENCES, COUNSELING POST-SECONDARY, WORKPLACE READINESS, AND INSTRUCTION IN SELF-ADVOCACY.



FOR TEENS AND YOUNG ADULTS

YOUTH RESOURCES

LIVE LIKE SAM - THRIVE PROGRAM

ONLINE CLASSES - FREE

AGES: GRADES 6 - 12

SIX-WEEK CLASS OFFERED IN ENGLISH AND SPANISH

REGISTER HERE: [HTTP://LIVELIKESAM.ORG/THRIVE/](http://livelikesam.org/thrive/)

THRIVE IS A FREE EVIDENCE-BASED PROGRAM EQUIPPING SUMMIT & WASATCH COUNTY STUDENTS WITH VITAL LIFE SKILLS. IMAGINE OUR YOUTH **CONFIDENTLY MANAGING STRESS** AMIDST SCHOOL PRESSURES AND SOCIAL UNCERTAINTIES. **NURTURING POSITIVE** RELATIONSHIPS BUILT ON EMPATHY AND EFFECTIVE COMMUNICATION. **MAKING HEALTHY CHOICES** FOR THEIR PHYSICAL AND MENTAL WELL-BEING. THRIVE EMPOWERS STUDENTS WITH THESE SKILLS AND MORE! STUDENTS MEET FOR ONE HOUR WEEKLY ON ZOOM WITH A COHORT OF UP TO TEN PEERS AND A THRIVE FACILITATOR, TO LEARN, PRACTICE, AND REFLECT ON VALUABLE WELL-BEING SKILLS.



LIVE LIKE SAM - SAGES & SEEKERS

HELD AT WASATCH COUNTY LIBRARY - FREE

AGES: 14 -19

REGISTER HERE: [HTTP://LIVELIKESAM.ORG/THRIVE/](http://livelikesam.org/thrive/)

EIGHT-WEEK PROGRAM, MONDAYS, 5:00-6:30 PM.

PROGRAM DESIGNED TO FOSTER EMPATHY AND BRIDGE THE GAP BETWEEN GENERATIONS TO CREATE A MORE UNIFIED COMMUNITY. TEENS EARN VOLUNTEER HOURS & BENEFIT THROUGH BECOMING EMPATHETIC COMMUNICATOR, CRITICAL THINKER, AND CONFIDENT SPEAKER. BUILD LASTING RELATIONSHIPS WITH MENTORS AND PEERS. BREAK DOWN BARRIERS: HELP BRIDGE THE GAP BETWEEN GENERATIONS AND DISMANTLE STEREOTYPES. LOOKS GREAT ON YOUR RESUMÉ!



WHY TRY FOR TEENS

IN-PERSON CLASSES - FREE

AGES: TEENS 13 - 18

SIX -WEEK CLASS, 1.5 HOURS EACH CLASS

CONTACTS: TRUDY BRERETON, WBH, TRUDYB@WASATCH.ORG OR JEN ROSKELLEY, WHS, JENNIFER.ROSKELLEY@WASATCH.EDU

MORE INFO: (385) 268-6754

RESILIENCE IS THE ABILITY TO PICK YOURSELF UP AND KEEP TRYING EVEN WHEN THINGS GET TOUGH. THE "WHY TRY" PROGRAM TEACHES TEENS HOW TO TRUST AND BELIEVE IN THEIR ABILITY TO CHANGE THEIR CIRCUMSTANCES EVEN AT THEIR LOWEST POINT. STUDENTS LEARN WAYS TO LOOK AT THEIR PROBLEMS DIFFERENTLY AND HOW TO EFFECTIVELY MEET LIFE CHALLENGES. THE STRATEGIES IN THIS ENGAGING PROGRAM WILL TRANSFORM THE WAY TEENS VIEW LIFE'S CHALLENGES. EVERYONE IS CAPABLE OF INCREASING THEIR RESILIENCE!



MCOT

MOBILE CRISIS OUTREACH TEAM FOR WASATCH & SUMMIT COUNTIES

AGES: ALL - FREE

CONTACT: CALL 988

NO COST. FAST AND CONFIDENTIAL HELP IN PERSON OR VIRTUAL MCOT IS A MENTAL HEALTH CRISIS TEAM, SIMILAR TO POLICE, FIRE, AND EMS. WE RESPOND TO MENTAL HEALTH EMERGENCIES AND WORK ALONGSIDE OTHER FIRST RESPONDERS TO ENSURE CITIZENS GET THE HELP THEY NEED. SUNDAY 11 PM - FRIDAY 11 PM.

