



# YOUTH GROUPS

FOR YOUTH AGES 10-19  
NOW AVAILABLE VIA ZOOM 



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## YOUNG MEN'S & WOMEN'S GROUP

**This group is designed to help young people explore and discuss gender specific issues and challenges.**

Topics include: Toxic Relationships, Body Image, and Perception.  
**WHEN:** 2nd and 4th Mondays, 7:00 p.m. – 8:00 p.m.

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## ART EXPRESSION

**This group allows youth to express themselves through different mediums and guided practice. These activities are for any art skill level.**

Projects include: Drawing, Painting, Collaborative Art, Collages, and Word Expression.  
**WHEN:** 1st and 3rd Mondays, 7:00 p.m. – 8:00 p.m.

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## TEEN RAP

**This group provides youth with the opportunity to discuss a variety of different topics that are prevalent in the daily life of youth.**

Topics include: Peer Pressure, Assertive Communication, Boundaries, and Social Anxiety.  
**WHEN:** Tuesdays, 7:00 pm – 8:00 pm

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## ANGER MANAGEMENT

**This is a group to help youth explore anger and its social, emotional and physical effects, as well as ways of successfully communicating and managing it.**

Topics include: Fight or Flight, Coping Strategies, Triggers, and Forgiveness.  
**WHEN:** Thursdays, 7:00 pm – 8:00 pm

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## TEENS LIVING CLEAN

**A support and prevention group for youth interested in drug or alcohol abstinence.**

Topics include Risks & Protective Factors, Getting Clean, Coping Skills, and Cycle of Addiction.  
**WHEN:** Fridays, 7:00 pm – 8:00 pm

**MONTHLY**

## FAMILY WORKSHOP

**Once a month sessions: one dedicated to parents/guardians and the other for youth.**

Topics include: Back-to-School, Suicide Prevention, Bullying, Stress Management/Relaxation & Mindfulness, and Family Engagement with Teenagers.  
**PARENTS/GUARDIANS:** Last Tuesday of the month, 7:00 pm  
**YOUTH:** Last Thursday of the month, 3:30 pm

**TO REGISTER & SEE FULL SCHEDULE, VISIT:**  
[HTTPS://WWW.OCEANSHARBORHOUSE.ORG/PROGRAMS/GROUPS/](https://www.oceansharborhouse.org/programs/groups/)  
Call 732-929-0660 for questions or more information