

# Youth Skills Training Groups (CTSS)

## Adult Life Tool Kit

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### Ages 16-24

Learn basic independent living skills such as personal finance, basic nutrition, utilizing public transportation, maintaining friendships, accessing and updating insurance, and more. With these skills, you'll feel empowered, excited for the future, and able to more confidently access resources to meet your needs.

**1st Thursday of the Month | 3:15-5:15 p.m.**  
**Ongoing | Starts May 7**

In-Person | Northgate

## Creativity Camp

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### Ages 8-17

Join us as we practice using art as a coping skill and learn about famous artists who have used art to cope with mental illness.

For our last session, we'll have a gallery event showcasing our pieces, inviting your friends, family, and providers to see your artwork.

### Session 1 | Ages 8-12

**Monday & Wednesday | 3:30-5:00 p.m. | 4 weeks**  
**June 8 through June 29**

OR

### Session 2 | Ages 13-17

**Monday & Wednesday | 4:30-6:00 p.m. | 4 weeks**  
**July 27 through August 17**

In-Person | Greenview

## Game Time Group

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### Ages 5-12

In this group, we'll play games that build skill sets such as problem solving, working together, and talking things out through activities like capture the flag, Pictionary, scavenger hunts, and more!

**Tuesday & Thursday | 3:00-4:00 p.m. | 4 weeks**  
**June 9 through June 30**

OR

**Monday & Wednesday | 3:00-4:00 p.m. | 4 weeks**  
**July 27 through August 19**

In-Person | Greenview

## Music and Mindfulness

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### Ages 14-21

Music has a powerful way of helping us feel seen, understood, and grounded. In this group, you'll learn how to intentionally use music to support your mental health—whether you're looking to ease stress, lift your mood, or process tough emotions. Through listening, reflection, and simple music-making (no experience needed!), you'll build skills to bring more calm, connection, and emotional balance into your everyday life.

**Monday | 3:30-5:00 p.m. | 6 weeks**  
**July 13 through August 17**

In-Person | Greenview

## Nature and Mindfulness

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### Ages 6-17 (will break into smaller age groups)

Take a break, head outside, and get grounded. This group is all about using the outdoors to learn simple but powerful mindfulness skills. Each week, we'll tap into our five senses using the 5-4-3-2-1 method—helping you stay calm, focused, present, and connected while enjoying the world around you.

**Thursday | 4:00-5:00 p.m. | 8 weeks**  
**May 14 through July 2**

In-Person | Cascade Lake Park

## Learn More & Sign Up!

Please Contact Customer Service at 507.289.2089.

