

# TRI-COUNTY YOUTH SERVICES BUREAU, INC.

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St. Mary's County  
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[www.tcysb.org](http://www.tcysb.org)

"Young people are not in a waiting period, waiting to be leaders, waiting to make a difference. Young people matter now!" - Barbara Taveras, American Philanthropist.

Counselors and youth mentors at the St. Mary's County Youth Services Bureau are helping young people to create new channels of communication so they can enjoy healthy relationships with their families, peers, and other caring adults. Community service hours are available to high school students. Call us at (301) 866-5332 or email us at [info@tcysb.org](mailto:info@tcysb.org) for additional information.

## GROUPS

### **YOUTH LEADERSHIP**

Mondays: 5:00pm-6:00pm

Wednesdays: 5:00pm-6:00pm

Middle and high school students will increase their leadership skills and abilities, gaining confidence through service learning.

### **ANGER MANAGEMENT**

Mondays: 6:00pm-7:15pm

Middle and high school students will understand what triggers their anger and how to manage those emotions.

### **YOUTH DEVELOPMENT**

Tuesdays & Thursdays: 3:30pm-5:00pm

Elementary and middle school students who reside at Patuxent Woods Community will receive homework assistance and develop social skills, focus on health, wellness, and managing their emotions.

### **READY FOR LIFE**

Wednesdays: 5:00pm-6:00pm: Youth ages 16-24 will explore key skills to help them navigate the transition into adulthood. Goal setting, time/money/stress management, effective communication, building and maintaining healthy relationships,

### **LIFE SKILLS-WALK-IN**

Youth ages 16-24 who are not in school and not employed will meet with a youth mentor to develop goals for success.

### **GIRL POWER**

Saturdays 10:00am – 12:00pm

Elementary and middle school girls will develop social skills; focus on health, wellness, respect, and managing emotions.

### **READY FOR LIFE OPEN HOUSE**

**Wednesday, December 19<sup>th</sup>**

**4:00pm-6:00pm**

**Parents, Caregivers, Providers,  
Young Adults ages 16-24**

### **HOLIDAY PARTY**

**Saturday, December 22<sup>nd</sup>**

**12:00pm-3:00pm**

