



## **For Teens~By Teens**

- \*Change your World \*Represent your School \*Hang with Friends**
  - \*Develop the Leader within You \*Connect with Local Resources**
  - \*Help Provide Activities for Local Teens.**
- Check us out on Facebook!!! (Y Teens)***

**When: Mondays starting in May**  
**Time: 4-6pm**  
**Where: Shasta Family YMCA**  
**YMCA Staff: Cara Sabalow**

**1155 N. Court Street**  
**Redding, CA 96001**  
**Phone: 246-9622**  
**Fax: 246-9645**



**Fill out an application to participate  
and return it to the YMCA today!**

**Applications can be found at...**

- \*The YMCA**
- \*[www.sfymca.org](http://www.sfymca.org)**
- \*High School Counselors**
- \*Email Cara Sabalow @ [csabalow@sfymca.org](mailto:csabalow@sfymca.org)**