



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN, GROW, THRIVE

Family Strengthening Classes and Case Management YMCA INTERNATIONAL SERVICES

Learn skills for a successful life in the U.S.!

- Improve relationships
- Reduce stress and family conflict
- Learn budgeting and how to talk about money
- Get up to \$65 in Gift Cards for participating!

For more information and to register, contact:

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YMCA INTERNATIONAL SERVICES

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



These services are available to all eligible persons. Regardless of races, gender, age, disability, or religion. Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: # 90FM0092-01-00.