

TIM GREIMEL
Mayor

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Pontiac Youth Recreation Organizes Emotional Stability Classes for Teens

The course helps middle and high schoolers develop social and communication skills.

PONTIAC, MI (March 21, 2024) – **Pontiac Youth Recreation and Enrichment division** offers a new **S.T.R.E.S.S.** class to help **young attendees manage mental tension from a healthy, social-emotional perspective.** The class is designed to educate, promote, and develop communication techniques that teens can use in the classroom and in their daily lives.

S.T.R.E.S.S.- The Skills to Reach Emotional and Social Stability is a six-week course which teaches students from grades 6 to 12 effective coping skills, and it is being conducted for the second straight semester. The program offers Pontiac youth an open platform to express their feelings and learn more about some of the mental health challenges they're experiencing.

*"We're thrilled to be able to offer this program in our community. It will equip our young people with the emotional and social skills to live healthy and constructive lives," said **Mayor Tim Greimel.***

With many social obstacles unresolved since the pandemic, Pontiac Youth Recreation saw a need to create a significant space for local youth to express their feelings about challenges they face such as mourning the loss of a loved one, anxiety, depression, peer pressure, body image, social media, drugs, and alcohol.

*"Skills to Reach Emotional and Social Stability is a phenomenal program that will give our youth the tools needed to face obstacles that may occur in their life," said **Pontiac Youth Recreation Assistant Manager John Cantrell.** "This program has helped teens gain positive coping skills, character development, communication, stress management, and has become a safe place for them. Parents have experienced a great deal of relief by the instructors and the positive impact they've had on their children. If your child needs an open space to talk about their feelings, we highly recommend parents enroll them in this program."*

The class will be held at Prospect Missionary Baptist Church every Monday from 6 to 7:30 p.m. Students will hear from a licensed social worker, a therapist, and enjoy complementary meals and snacks. Interested parties can register for the class at pontiacrecreation.recdesk.com.

Pontiac Youth Recreation continues the City's commitment in helping our youth to thrive via quality programs and events. S.T.R.E.S.S.'s winter programming is a great way for Pontiac youth to adopt problem-solving skills that will benefit them in the future.



WINTER PROGRAMMING

Session ONE

Be
S.T.R.E.S.S
Free

**Skills To Reach Emotional
& Social Stability**

S.T.R.E.S.S is a six-week course designed to educate, develop & promote positive coping skills for youth.

FREE CLASSES

Group Facilitators



CASSANDRA THOMAS
LMSW



CASSY THOMAS
MA, MLP

GRADES 6 - 12

MONDAY'S
beginning 1/08/2024

Prospect MBC
351 Prospect Pontiac, MI

6 - 7:30 PM

Register Today:
pontiacrecreation.recdesk.com