

YOUTH TO YOUTH'S FIRST FRIDAYS

"Mindset Matters"

Use your voice in a
supportive setting.

Formulate your
own opinions.

Develop a
sense of
awareness.

CHILL
VIBES
CHILL
PEOPLE
CHILL
MINDSET



WHO?

Youth in 6-8th grades

WHEN?

Starting October 1st
6-8:30pm

WHERE?

1420 Fields Ave. Columbus
43211

YOUTH TO YOUTH

First Fridays, "Mindset Matters" is a program for 6th, 7th and 8th grade students that will focus on issues that middle school age youth are beginning to face such as: alcohol, tobacco and other drugs, prescription drug misuse, relationships, bullying, stress, anxiety, peer pressure, self-concept, community responsibility, etc. The goals are to create a supportive environment where they feel comfortable in learning, using their voice, and developing healthy relationships with their peers and professional staff.

Using peer-to-peer prevention strategies, our high school YAB members will work with staff to provide fun and innovative activities which will serve as a continual support network to influence middle school participants to make positive choices.

We would love to have your middle school youth participate in our First Friday! The sessions will take place at our Youth to Youth office (1420 Fields Ave. Columbus, Ohio 43211) from 6:00pm - 8:30 pm on the dates below.

Oct. 1, Nov. 5, Dec. 3, Feb. 4, Mar. 4 & Apr. 1

Registration will be required, and participants will be asked to wear a mask while they are inside of the building.

Register Online:

www.youthtoyouth.net/firstfridays

For more info contact:

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