



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER



## YOUTH EXPLORING SUPPORTS AT THE ANDOVER/NORTH ANDOVER YMCA

This non-traditional therapeutic group will connect teens to their community through activity based, weekly meetings. They will develop a strong sense of self and learn life skills to help build a healthy spirit, mind and body. By the end of the 8 week program, participants will be saying, **“YES I CAN!”**

**STARTING, WEDNESDAY, FEBRUARY 6<sup>TH</sup>  
3:30 – 5:00PM  
AT THE ANDOVER/NORTH ANDOVER YMCA  
FREE FOR ALL**

To sign up for this voluntary, closed group, please contact Sobhan or Stacey to schedule a family intake meeting.

This 8-week program will be run by:

Andover Community Support Coordinator, Sobhan Namvar, LICSW  
snam@andoverps.net 617-642-7274

ANA Youth & Family Program Director, Stacey Consiglio, M. Ed  
sconsiglio@mvyymca.org 978-685-0126 ext. 143



Andover/North Andover YMCA • 165 Haverhill Street, Andover • 978-685-3541

[www.mvyymca.org](http://www.mvyymca.org)