

VFS YOUTH SERVICES LIFE SKILLS TRAINING AND MENTORING PROGRAM

Trained staff and volunteers facilitate research and evidence-based Life Skills Training classes for youth in between the ages of 12-17. VFS provides essential life skills, exercises, mentoring and encouragement to help support youth and help them move in a positive direction towards healthy living and personal development.



We provide youth advocacy, community service, family resources and referrals to help support families who are facing challenges.

Life Skills Training classes consist of:

- Substance Abuse Prevention
- Making Decisions
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Assertiveness
- Social Skills
- Resolving Conflicts
- Resisting Peer Pressure

Benefits of Life Skills Training and Mentoring Programs:

- Improved student academic achievement
- Lower level of drug or alcohol use
- More positive social behaviors and relationships with peers, family, and teachers
- Fewer conduct problems and risk-taking behaviors
- Less delinquency and other behavioral challenges

Mentoring strives to unite community members together, an intervention providing youth and young adults with insight into overcoming obstacles and becoming tomorrow's leaders.

Curriculum Used:

- Botvin Life Skills Training by Gilbert K. Botvin, PH.D.
- Why Try by Christian Moore

Duration:

8-12 weeks (certification upon completion)

Class Time:

Can vary, during school hours.

Locations:

Vineyard Family Services Resource Center, Shelby County Regional Juvenile Detention Center, Department of Youth Services (DYS), Day Program, New Direction, and Pelham Park Middle School. In home family services are available on a case-by-case basis.

Are you interested in volunteering in our Life Skills Training and Mentoring Program?

Please email: mentoring@vfsdads.com



Vineyard Family Services Family Resource Center
1359 Royalty Drive,
Alabaster, AL 35007
Website: www.vfsdads.com