



Are you feeling angry most of the time and exploding?
Is your behaviour getting you into trouble with
friends, school or family relationships?
Want to improve your well-being and fitness?

Impact is a program designed to increase the capacity of young men (14-16 years of age) to deal with the day to day hassles in life without losing it and putting their education and life opportunities at risk.

The program provides an opportunity for young men to develop a sense of well-being and self respect. This is done through a 8 session, 2 hour program which includes an hour of strength or cardiovascular training followed by discussions.

each
social and community health

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Who	Young men aged 14-16 (years 8-10)
Where	Yarra Ranges Location TBA Lilydale. Maroondah EV's Youth Centre, 212 Mt Dandenong Rd, Croydon.
When	Thursdays (Maroondah) Term 2: May 12th - June 30th Term 4: Oct 20th - Dec 8th
	Tuesdays (Yarra Ranges) Term 2: Aug 2nd - Sep 20th
Time	4:00pm - 6:00pm
Cost	no charge
RSVP	Please call the Youth and Family Intake Worker on 9871 1800 for referrals.