

Breaking Generational Cycles Mentorship Program



A mentorship for Youth and their Parents/Guardians

- Learn how to create and achieve goals with the support of a mentor!
- Understand mental health, self, family systems, trauma and breaking cycles
- Develop skills that you can use at home, school, and work
- Monthly Topics include:
Self-Care, Building Self-Esteem, Understanding Trauma, Coping Strategies, and more!

Details

- Serving South King/Pierce County
- Program commitment is from September 2021 to May 2022
- Online & In-Person Activities
- For youth ages 11-17 and their parents/guardians who have been affected by Domestic Violence
- For more information:
Email: Projectbefree@outlook.com
Call: 425-324-5030

