



SWAG

STUDENTS WHO ASPIRE GREATNESS

ARE YOU TIRED OF BEING TOLD WHAT TO DO BUT AREN'T SURE HOW TO MAKE LIFE HAPPEN ON YOUR OWN? COME AND JOIN OUR GROUP. SWAG IS AN 8 WEEK PROGRAM THAT IS DESIGNED TO EMPOWER AND TEACH YOUNG MEN AGES 14-18 HOW TO BE THE MAN THEY ASPIRE TO BE. WE OFFER THE TOOLS AND FORUM TO ADDRESS LIFE'S ISSUES HEAD ON SO THAT LIFE CAN HAPPEN BY YOU NOT TO YOU.

HOW DO I JOIN OR GET MY TEEN INVOLVED?

1. CALL WCBS TO SCHEDULE AN APPOINTMENT FOR INTAKE
@ 515-274-9607-ASK FOR MELISSA OR BRENDA
2. COMPLETE INTAKE BY A PARENT OR GUARDIAN
3. ATTEND GROUP
4. IT IS THAT EASY !!!

TOPICS INCLUDE:

- WORLD VIEW
- ASSERTIVENESS
- GOALS AND DREAMS
- ROLE MODELS
- CELEBRATING INDIVIDUALITY
- TRUST-FRIENDSHIPS AND SUPPORTS
- SELF CARE-MIND/BODY/SPIRIT
- CELEBRATING MY PERSONAL GROWTH

ABOUT THE FACILITATORS:

Brian Ells

Brian is a behavioral health intervention specialist with extensive experience working with tweens and teens. He has had a great deal of success in working with young boys and teaching them what characteristics create a man.

Brenda Wood-Clark, MS, TLMHC:

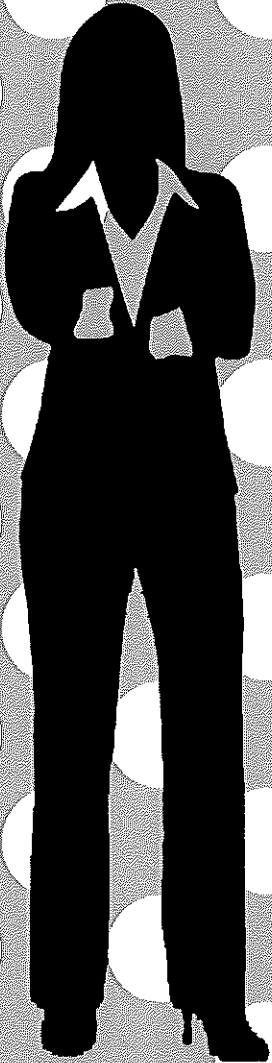
Brenda is a licensed therapist with over 18 years of experience in working with teens. She has a genuine approach in working with teens to assist them in striving to reach their goals and potential. She is passionate about working with this population and sees the endless possibilities that they possess when guided in a positive direction.

611 5th Avenue
Des Moines, Ia 50309

(515) 274-9607

Woodward Community Based Services

Miss Independent



WANT TO LEARN HOW TO BECOME AN INDEPENDENT YOUNG WOMAN? COME AND JOIN OUR PROGRAM. MISS INDEPENDENT IS AN 8 WEEK PROGRAM DESIGNED TO EMPOWER AND TEACH YOUNG WOMEN HOW TO BE ALL THAT THEY ASPIRE TO BE. WE OFFER THE TOOLS AND FORUM TO ADDRESS LIFE HEAD ON SO THAT LIFE HAPPENS BY YOU AND NOT TO YOU.

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What Past Participants Learned:

- "I am more open and less shy"...*Bethany*
- "I'm way more confident in myself"...*Ajaeshia*
- "I learned how to assert myself"...*Jennelle*
- "I liked the new friends that I made"...*Corianna*
- "I learned how to step outside my comfort zone"...*Courtney*
- "That I am a strong person"...*Megan*

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