



# YYOUTH MATTER

ENGAGE. LEARN. SHINE.



**FIND THE LETTERS IN YOUR NAME**

SEARCH FOR THE LETTERS THAT MAKE UP YOUR NAME.

**TRAUMA**

TRAUMA IS AN EMOTIONAL WOUND CAUSED BY A SEVERE EXPERIENCE.

**I CAN BE**

STRONG  
COURAGEOUS  
RESILIENT  
DETERMINED  
EMOTIONAL  
INDEPENDENT

**THE ANXIETY TRIANGLE**

THOUGHTS  
FEELINGS  
BEHAVIORS

**ANXIETY COPING STATEMENTS**

THINGS I CAN DO TO FEEL BETTER

THINGS I CAN SAY TO MYSELF

THINGS I CAN ASK OTHERS FOR HELP

THINGS I CAN DO TO TAKE A BREAK

**DEPRESSION TIPS**

1. TAKE SMALL STEPS

2. ASK FOR HELP

3. TAKE CARE OF YOURSELF

4. BE KIND TO YOURSELF

5. TAKE A BREAK

**Take a Breathing**

1. BREATHE IN FOR 4 COUNTS

2. HOLD FOR 4 COUNTS

3. BREATHE OUT FOR 4 COUNTS

4. HOLD FOR 4 COUNTS

**COGNITIVE DISTORTIONS**

ALL OR NOTHING

OVERGENERALIZATION

MENTAL FILTER

DISQUALIFYING THE POSITIVE

EXAGGERATION

EMOTIONAL REASONING

PERSONALIZATION

STEREOTYPING

AGREEMENT

CONTROL

BLAME

**RELAXATION TECHNIQUES**

1. TAKE DEEP BREATHS

2. RELAX YOUR SHOULDERS

3. RELAX YOUR WRISTS

4. RELAX YOUR FINGERS

5. RELAX YOUR FEET

**RAINBOW GROUNDING TECHNIQUE**

1. SEE (S)

2. HEAR (H)

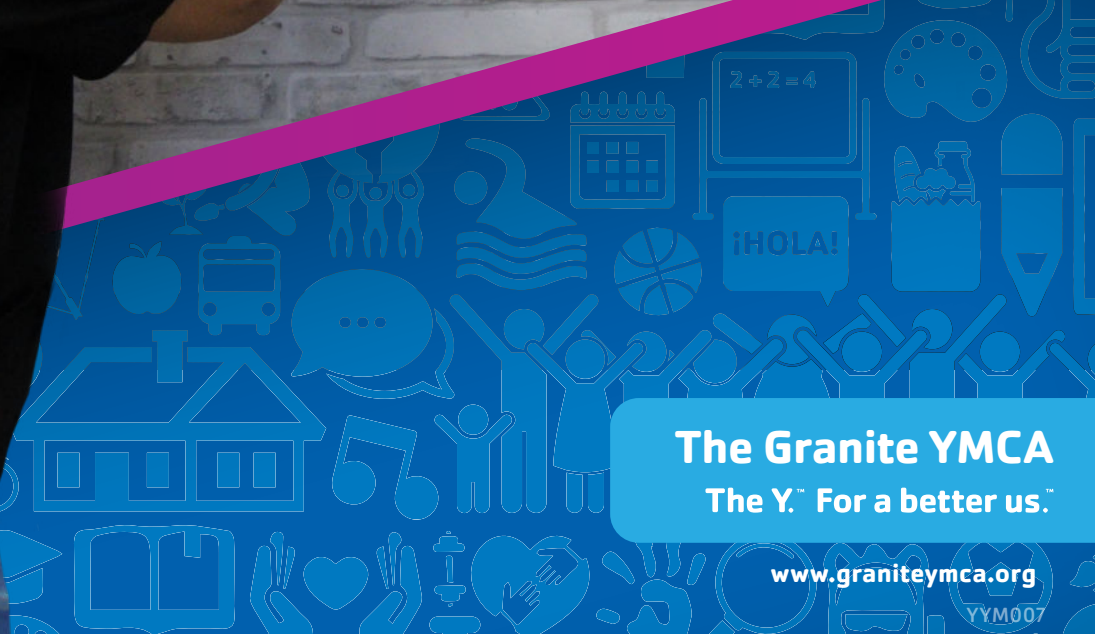
3. FEEL (F)

4. SMELL (S)

5. TASTE (T)

**THE ANXIETY CYCLE**

THOUGHTS  
FEELINGS  
BEHAVIORS



**The Granite YMCA**  
The Y.™ For a better us.™

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

YYM007



# YSTAY

## FOR MIDDLE AND HIGH SCHOOL STUDENTS

Our **YSTAY** Program (Support, Tutoring, and Adventures for Youth) is a long-standing, 38-year partnership between the YMCA of Downtown Manchester, a branch of The Granite YMCA, and the Manchester School District. Empowering middle and high school students, **YSTAY** connects youth with caring adult mentors, providing enriching experiences, and fostering a deeper connection to learning and personal development. **YSTAY** follows an asset-based model, integrating classroom activities that promote social-emotional learning, goal setting, and interpersonal skill building. With small class sizes, students receive individualized attention, form relationships, and gain a sense of belonging. Students receive a YMCA membership and access to our YMCA Teen Center and summer programs.



# YSTRIVE

## FOR MIDDLE AND HIGH SCHOOL STUDENTS

**YSTRIVE** is an essential intervention program that has served the Manchester community for over 25 years, providing critical support to middle and high school students suspended or expelled from school. As the only program of its kind in the city, **YSTRIVE** offers a structured, compassionate environment that bridges the gap between exclusion and academic continuity. Enrolled students receive academic tutoring and regular check-ins, allowing them to stay on track with coursework and continue earning credit toward graduation. Beyond academics, the program is deeply rooted in social-emotional development. Through workshops and one-on-one mentoring, students build competencies in decision-making, emotional regulation, conflict resolution, and goal setting. **YSTRIVE** empowers youth to return to their school environments ready to thrive, both in the classroom and in life.

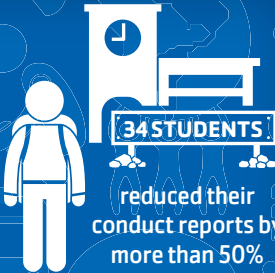
## CURRENT OUTCOMES



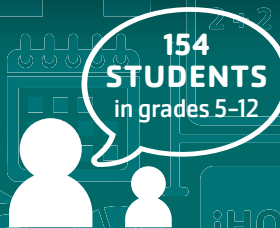
core students in 7th-12th grade are served by the YSTAY Program



of students reduced the number of school days missed



reduced their conduct reports by more than 50%



have received academic support and life skills lessons in the 2024-2025 school year



of students

return to school having completed assigned or past due work at the time of their suspension



# TEEN CENTER

FOR AGES 13 - 18

Located in the YMCA of Downtown Manchester, the Teen Center is a welcoming, drop-in program that offers a safe, supportive, and structured environment for youth during out-of-school hours. The center plays an important role in the lives of those from low-income and high-risk neighborhoods, providing an essential alternative to negative influences.

The Y Teen Center promotes positive youth development through recreational, educational, and enrichment activities that align with our core values of honesty, caring, respect, and responsibility. Teens have access to academic support, leadership development opportunities, college/career readiness workshops, creative arts, and fitness activities—all facilitated by caring, trained adult mentors. By creating a sense of belonging and empowerment, the Y Teen Center helps build confidence, skills, and resilience.

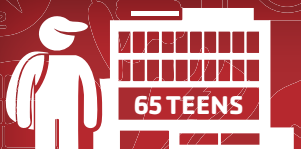


# POWER SCHOLARS


FOR ELEMENTARY, MIDDLE AND HIGH SCHOOL STUDENTS

Power Scholars Academy is a 6-week, full-day summer learning program serving 95 students in grades 1 - 10. Held at Parkside Middle School, Power Scholars Academy runs Monday-Friday and is structured to adhere to rigorous quality standards—including staff credentials, training requirements, low student-to-staff ratios, and consistent academic and enrichment components. It emphasizes academic excellence, high expectations, and student-centered learning. Students participate in targeted, data-informed instruction led by teachers and enrichment activities like hands-on learning in STEAM, physical activity, and college/career readiness. Partnering with organizations like SEE Science Center, UNH STEM, Manchester Community Music School, Media Power Youth, and Amoskeag Health enriches their experience.


## CURRENT OUTCOMES



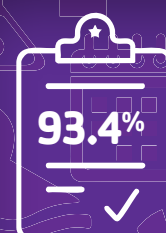
**65 TEENS**  
receive engaging enrichment opportunities through the YMCA of Downtown Manchester's Teen Center



The Y-Teen Center provides after-school and evening programs 5 days a week, and our YMCA facilities are available 7 days a week



Teens involved in the center are more likely to engage in positive behaviors and community service projects.



**93.4%**  
average daily attendance



**91%** of scholars  
are more confident in their abilities

Students gain



**3 MONTHS**  
in Math Skills

# THANK YOU!

TO OUR YOUTH MATTER FUNDING PARTNERS.



- Bishop's Charitable Assistance Fund
- DCU for Kids Foundation
- Eastern Bank Foundation
- Eversource Energy Foundation
- JCPenney
- Kiwanis Club of Manchester NH
- Norwin S. & Elizabeth N. Bean Foundation
- Richard Eaton Foundation
- TD Bank Charitable Foundation

To make a contribution, please visit [www.graniteymca.org/support](http://www.graniteymca.org/support)



Learn more!



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