



Inside Out

"Your Voice, Your Story"



SUMMER EXPLOSION!



Gary & Michigan City Indiana
Orlando Florida

(219) 552-TEEN

<https://insideoutyourvoiceyourstory.com>

"Empower Others through Your Story"

Phone Numbers



Business #:(219) 552-TEEN

Ms. P #: (219) 940-8173

**24-TEEN Crisis help
available by text, chat,
phone, and email.**



**Teen-To-Teen Crisis are
available to help daily from
4-10 pm.**

**National Suicide Prevention
Lifeline**

1-800-273-TALK (8255)

**4330 W 13TH AVE
GARY, IN 4604**

www.insideoutyourvoicemyourstory.com

Expressive Art Therapeutic Summer Schedule



Our innovative program is designed to tap into youths' internal talents and strengths while enabling them to channel their creativity outward as a form of healing. Our staff here at Inside Out "Your Voice, Your Story" LLC focus on using Art methodologies to foster personal growth, gain deeper insight of self, and embrace inner peace. Our creative process improves individuals' physical, mental, and emotional wellbeing. Our culture diverse approach focuses on treating the whole person; body, mind, spirit, and emotions to achieve stable mental balance. We service society's most marginalized populations ages 14-21. Here at Inside Out "Your Voice, Your Story" LLC we transform lives through creative expression and breath life into each other through our powerful stories.



(1) Speak your bodies language 101

This group was created for teens to identify body messages that are often confusing and misunderstood during this vital stage of development. Content will be delivered creatively via games, projects, artsy, musically, and lecture using unique, respectful, and age-appropriate approaches.

Hip Hop fitness (Exercise and dancing the interconnectedness of lowered levels of stress and mood-improvement)



(2)Level Up 101

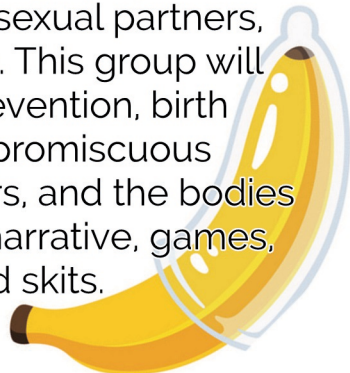
This group provides teens with expressive movement techniques that entails physical movements such as flexibility, fitness, balance, and listening, while enhancing social skills through various hip-hop genre's such as R&B and rap. Content will be delivered by utilizing the body as a tool to express emotions and communicate feelings. Youth will be embracing "physical movement of dance" to lower levels of stress, anxiety, and depression.



SEX EDUCATION (Sex facts& Myths unleashed)

(3)Body count control 101

This group is designed to help teens gain the information, skills, and motivation to make healthy decisions about sex, sensuality, and sexuality throughout their lives. Practicing safe sex, intimacy, abstinence, pornography abuse, oral sex, reducing number of sexual partners, commitment, STD prevention. This group will explore teen pregnancy prevention, birth control, overly sexualized promiscuous behaviors, risky sexual behaviors, and the bodies sacred temple in the form of narrative, games, quizzes, projects and skits.



COMMUNICATION (“It’s not what you say it’s how you say it”)

(4) Who you talking Too! 101

This group is designed to help teens develop appropriate conversation skills surrounding healthy relationships. Listening skills, assertiveness, emotional awareness, and nonverbal communication will be explored during this group. There will be various group topics discussed such as; relationships, i.e dating, family, friends, domestic violence, and boundaries. These skills will help teens recognize and manage their emotions, overcome social anxieties, display empathy, interpersonal competence, dissolve social insecurities, control anger, combat bullying, cope with obstacles and life challenges that effect your communication, and improve interpersonal relations. Content will be delivered in a fun fashion via games, role plays, projects, artsy, musically, and lecture.



SOCIAL JUSTICE "There is Power in your Voice"

(5) Teens lives Matter 101

This group educates teens on the importance of awareness and provides teens the tools to use their voice and art for change. There will be various group topics discussed such as anti- violence, restorative justice circles, inequity, grieving, guilt, self-advocacy, gangs, service-learning projects, territorial wars, expungement workshops, and police awareness. This groups mission is to empower teens to create a movement that will impact their community by addressing issues that are important to the youth.

Content will be delivered creatively via service-learning projects, artsy, musically, advocacy rally, and field trips.

SUBSTANCE ABUSE "Learn Self Control"

This group is designed to educate teens on risk factors associated with substance use and abuse.

Topics will be explored such as; peer pressure, healthy outlets, health effects of substance use, triggers, home, relationship, job, community, and school stressors. Dangerous forms of Marijuana such as tunechi, eatables, K2, dabs, black mamba, and spice will be discussed as a form of awareness.

This group will explore the dangerous of excessive alcohol use, drunk driving, laws, social intoxication at parties, rape risk, impaired judgment, and unhealthy creative alcohol intoxication. Content will be delivered creatively via games, projects, artsy, musically, and lecture.

(6) It's more than a leaf 101



EXPRESSIVE ART IN THE FORM **OF HEALING “No one is You!** **That is your Healing Power”...**

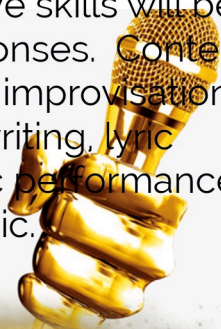


(7) Art 101

This group is designed to help teens externalize their inner world. No need for artistic talent to benefit from this group just be you! Content will be delivered creatively using Art materials such as paint, oil pastels, markers, crafts, clay, stickers, crayons, color pencils, glitter, rhinestones, candle wax, tie dye, balloons, phone cases, shirts, and pillows as a means of self-expression. The process of working with these materials and creating a final product will enable teens to gain self-understanding, dodging negative juju, learn better coping methods and work through problems.

(8) Music 101

This group is designed to help teens develop a sense of peace through Music. Group members will create, write, listen, dance, sing, rap, and utilize spoken word to express their feelings. Youth increase of emotional well-being, physical health, social functioning, communication abilities, and cognitive skills will be monitored through their musical responses. Content will be delivered creatively via music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, and healing through music.



(9)Boxing 101

This group is designed to provide teens an outlet through boxing and expressive movement. This approach will train and teach teens a new method of coping and dealing with frustration, anger, and poor decision making. Our innovative combination of therapeutic mental endurance while boxing will address teens physical, psychological, and emotional needs.



(10) I am just playing 101

This group is designed to give teens a new way of looking at problems. Humor help reduces stress levels and improves mental health. Teen students learn the art of successful humor, such as; joke-telling techniques, and using comedy to deal with problems oppose to gravitating towards unhealthy generational influenced habits such as "I need a drink" or "match me" . Content will be delivered creatively via amateur stand up, Wild' in Out shows, personation shows, roast, and plays. The objective of this group is not to teach people how to tell good jokes but to teach youth how to embrace humor as a form of healing.

TEEN PARENTING “You’re not alone”

(11) Teen parenting pack 101

This parenting group will introduce you to other young parents with similar issues and concerns for themselves and their babies. The goal of the parenting pack is to provide emotional support as well as parenting education. Information presented will be on child development, childcare assistants, health care, self-care, and co-parenting. With guidance a pack will be formed to become better parents. Within this group a special relationship between parents with the interest of becoming a better person for their child will be formed. A few topics that will be addressed includes; health issues associated with pregnancy, having a healthy and happy baby, Issues with continuing your education as a parent, PTSD, how to handle the stress of financial issues associated with motherhood, working through relationship issues, and learning techniques to deal with depression and stress associated with motherhood.



HEALING FROM TRAUMA

(12)“Don’t let your struggles become your identity” 101

This group is designed to provide teens with tools to heal from various traumas and to overcome fears and insecurities that have developed from those undesirable experiences.

Traumas can alter the way you see people and the world. This group is intended to help rebuild a sense of safety and security and reduce further traumatizing. Content will be delivered creatively via games, projects, artsy, musically, spoken word, and lecture. Topics such as self-love, self-harm, discovering inner peace, suicide prevention, parental issues such as neglect, abandonment, and, rejection, sexual, physical, & mental abuse, self-blame, grief, and Healthy coping approaches will be explored.

(13) LGBTQ “Rainbow World 101 ”

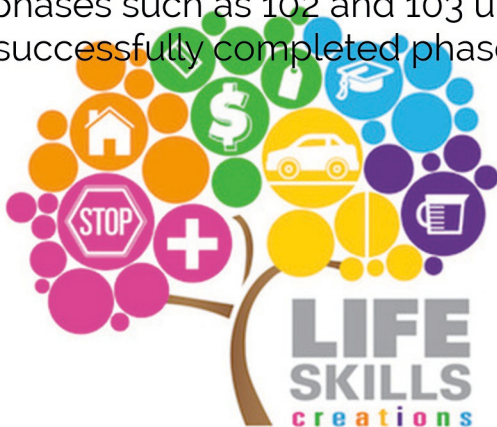
This group is designed for teens who identify as lesbian, gay, bisexual, transgender, or queer, or who are questioning their sexual orientation or gender identity. This group focuses on the concerns, success, empowerment, and safety LGBTQ teens face daily. Topics of exploration include but not limited to HIV/AIDS prevention, youth leadership, insecurities, shame, coming out, acceptance, suicide prevention, identity management, bullying, sexual health education, discrimination within the rainbow, self-love, self-advocacy, unhealthy methods of fulfilling urges, and relationships. Content will be delivered creatively through self-expression such as storytelling, poetry, Art, Music, improv, projects, and memoirs.

PRIDE

LIFE SKILLS “life is what you make it”

(14) Stabilizing your future 101

This group is designed to provide teens with essential life skills that prepare adolescents for young adulthood. These skills will help teens develop social confidence and self-assurance of who they are and create future endeavors. There will be various workshops presented in different phases, topics discussed such as; college ready, career/ job readiness, social confidence, bonding with positive peers, dodging negative juju, alternatives to traditional school, budgeting, self-advocacy, resource center access, leadership, trade schools, entrepreneurship, dress sense, organizational and social skills, manners, professionalism, BMV preparation, credit preparation/repair, Youth Employment Program, homeless and housing assistants. Content will be delivered in 3 phases. Every teen is eligible for the first phase however each additional phase requires that prerequisites be met to continue to the next phase. Teens can't move on to following phases such as 102 and 103 until they have successfully completed phase 1.



Registration Form

Complete and submit the following form:

**Must Groups will meet twice a week for one
hour between 11:-00am-7:00pm
Tue,Wed,Thu,and Fri.**

1. First Name:(*) _____
2. Last Name:(*) _____
3. Date of Birth:(*) _____
4. Street Address:(*) _____
5. Telephone # _____
6. Parent name&# if under 18 _____
7. High School:(*) _____
8. College:(*) _____
9. Interest&Hobbies(*) _____
10. Children or pregnant (*) Yes No
11. Availability (*) _____

**Select your course # or course #'s
below that spark your interest**

Course ID:(*)

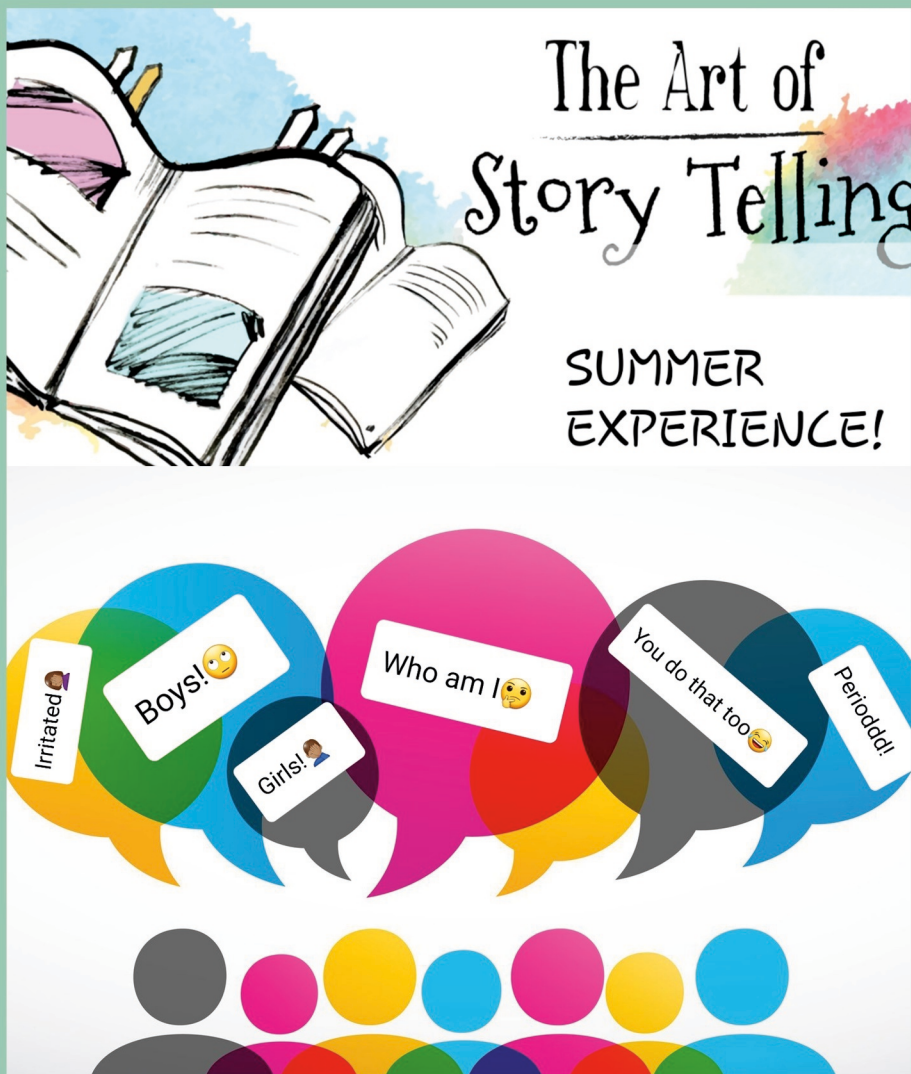
Special needs or medical concerns Yes No?

Allergies _____

T Shirt Size? _____

Favorite Snack? _____





Enroll Today! (219)552-TEEN
July 9th - August 9th



Designed by Ms. P