



**community
human services**
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RUNAWAY HOMELESS YOUTH GROUP COUNSELING SERVICES

Seven Challenges

Designed for youth with substance abuse or dependence issues, Seven Challenges helps youth to look at themselves, understand what it takes to give up a drug abusing lifestyle, and prepare for and attain success when they commit to making changes.

Anger Management

Do you find yourself irritated often? Do you have a hard time controlling feelings of anger or frustration? Then this group can be an opportunity to learn new skills, improve your communication, and gain support from peers who face similar issues.

Life Skills

This group is an opportunity for youth to learn new skills or improve upon already established skills that will help them on their path towards an independent and productive adulthood. Topics include money management, health, housekeeping, transportation, job seeking skills, etc.

Women's Group

This group is open to women only and provides a safe and welcoming environment where women and girls can talk about women-specific topics and participate in women-focused activities.

Rainbow Group

This group is a place where LGBTQ individuals and allies can come together, talk about issues they may be facing, and get support from peers and counselors.

PROGRAM COST

Services are provided free of charge.

ABOUT CHS

Since 1969, CHS has provided professional, affordable mental health, substance abuse and homeless services to the residents of Monterey County. Our services focus on the entire family, with programs for people of all ages.

CONTACT

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