



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE THE POSSIBILITIES

2021 Y Teen L.I.F.E. Events

February
13

A Courageous Conversation: The Unrest. The Aftermath. The Healing..

Y Teen L.I.F.E. and the Greater Philadelphia YMCA will join virtually for a panel discussion on the healing of our communities around matters of social justice.

TEEN TAKEOVER: Movie Edition

Join us for fellowship, snacks, and a mid-day movie!

February
27

March
3

Wellness Wednesday: Mindfulness

Teens will learn techniques, tips and skills on managing stress and anxiety using mindfulness techniques.

Y Achievers Virtual College Tour

Connect with Y Achievers across the United States for a virtual college tour and panel discussion with current college students and admissions professionals.

March
6

March
27

Career Exploration Day with Rice University Athletic Department

An opportunity to connect and network with Rice University Athletics. Hear about their journey and learn about opportunities and jobs in the world of athletics.

S.P.I.R.I.T. Summit

Hosted in partnership with the Department of Justice, S.P.I.R.I.T. Summit provides an opportunity for High School teens to engage in conversation around issues that affect their schools and communities.

April
17

April
24

Service

We're giving back and learning at the same time. Service Learning Projects will be youth created and youth led.

TEEN TAKEOVER: Field Day and End of Year Celebration

Join us in celebrating the end of the school year with field day games, food and fellowship.

May
1

May
5

Wellness Wednesday: Mindfulness

Teens will learn techniques, tips and skills on managing stress and anxiety using mindfulness techniques.

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.