

LIFT

Leading and Inspiring Foster Teens

LIFT provides a safe space for foster youth ages 10-18 to have fun, explore their identity, develop social and life skills, process difficult family issues, and build relationships so that they may live up to their full potential.

WHEN

Tuesdays 3:30-5:30pm

Beginning April 5, 2016

Meets weekly for 10 weeks

WHERE

CWU

Michaelson Hall

Room 126

REGISTER NOW

SPACE IS LIMITED.
PLEASE REGISTER IN ADVANCE:

Contact Amy Claridge
at ClaridgeA@cwu.edu
(509)963-2758

or complete the
registration form at:

[https://www.cwu.edu/
family/lift](https://www.cwu.edu/family/lift)



At LIFT, youth learn about....

Self-esteem & Identity

Stress and coping

Friendships

Romantic relationships

Physical health and wellbeing

Family relationships

Communication

Self-regulation

Mental health

Self-care

Career development

College
