

UNIQUELY YOURS



SUPPORT STABILITY
UYSS.ORG



UNIQUELY YOURS



SUPPORT STABILITY
UYSS.ORG

Life Skills @ The UYSS Resource Center

Registration is required.

240 N. Main in Downtown Fremont, NE

402.727.UYSS (8977)

1 Hour Workshops:

- Nutrition Education TBD Tuesday @ 6:30pm
(Call for Topic and Date each Month)
- Basic Computer Skills 1st Thursday 12:30 - 1:30pm
- Community Computer Lab (Call to Schedule)

Optional Workshops: (Call for availability)

- Self-Esteem *
- Stress Mgmt *
- Self-Love 101 *
- Anger Management 101 Soft-Skills *
- Smart Start (Hygiene) *

4 Week Classes:

- Budgeting: Tuesdays 11:00am – Noon
- Building a Better Credit Report:
(By appointment only)
- Employability: Thursdays 1:30 - 2:30pm

8 Week Class: (Call for availability)

- RentWise *
- Love & Logic Parenting *
- Tackling the Tough Skills *
(Comprehensive Employability Service)
- Mindfulness * (Learning to Breathe for Adolescents and Adults.)

Support Group:

- PEG
(Parent's Empowerment Group)
6 weeks / Closed Group
First 3 Tuesday evenings of each month.
6:30 p.m. – 7:30 p.m.
(Call for next available group & topics)

Pending:

Additional At-Risk Youth Groups/Classes/Workshops

* May indicate a cost

To Register Go Online, Walk In, or Call 402.727.UYSS (8977)

Certificates Awarded Upon Completion

UYSS Community Resource Navigation will assist with also connecting you to appropriate referrals. (Revised 12.14.16)