

COUNSELING CORNER

PREPARATORY CHARTER HS

TOOL BOX TOPIC: BOUNDARY SETTING

BOUNDARIES: ARE THE LIMITS YOU PLACE AROUND YOUR TIME, EMOTIONS, BODY, AND MENTAL HEALTH TO STAY RESILIENT, SOLID, AND CONTENT WITH WHO YOU ARE.

WAYS TO SET EFFECTIVE BOUNDARIES:

- VISUALIZE AND NAME YOUR LIMITS
- OPENLY COMMUNICATE THE BOUNDARY
- REINFORCE AND UPHOLD YOUR BOUNDARIES
- DO NOT BE AFRAID TO SAY NO
- TAKE TIME FOR YOURSELF

BENEFITS OF BOUNDARY SETTING

- Increased compassion
- Increased assertiveness
- Ensuring your needs are met
- Decreased anger and resentment
- Feelings of safety and security
- More time for activities that are nourishing to the mind and body

UPCOMING EVENTS

Prep CHS Sneaker Ball

Join your friends on April 26th to show off your cleanest kicks and have some fun!

WORD OF THE MONTH

Holistic Care

Holistic care means to provide care that looks at the whole person, not just their mental health. The care should also consider their physical, emotional, social and spiritual wellbeing.

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P R E P A R A T O R Y C H A R T E R H S

RESOURCE CORNER



Philadelphia Parks and Recreation Lifeguard

- Are you at least 16 years old?
- Can you swim or interested in learning how to swim?
- Are you interested in making \$16-\$18/per hour?
- Are you interested in receiving a bonus of \$500-\$1000?



The City of Philadelphia is looking for lifeguards and they are willing to train you and pay you. Swimming is also a skill that is great to have. Don't miss this chance to learn, earn and provide a valuable service to the community.

To apply scan the QR code to the right!

SquashSmarts

Combines the sport of Squash with Academic Tutoring and Mentoring of under-served, urban youth in order to develop self-esteem and discipline through academic, athletic and personal achievement. Students in Grades 5-12 attending any Philadelphia Public school are eligible to join SquashSmarts.

215-221-6860

www.squashsmarts.org

Fleisher Art Memorial's Teen Lounge

A FREE, drop-in afterschool program for students ages 13-19 focused on the visual arts. With guidance from Fleisher's Teen

Lounge Monitor, teens develop their own creative program by choosing teaching artists with whom they wish to work. Projects are often collaborative and rely on a strong group dynamic, allowing teens to explore media ranging from clay, painting, and silkscreen to stop motion animation and darkroom photography.

Teen Lounge meets Monday through Wednesday, 4-6PM.

Call 215-922-3456 or go to: fleisher.org/community-programs/teen-lounge

Philadelphia Work Ready Program

WorkReady is a program in July-August providing paid work experiences for youth living in Philadelphia. Work experiences take place 5 days/week at a designated worksite. Participants can get paid up to \$1000+ for the summer!

To apply to this summer employment program you must be:

- Between the ages of 12-24.
- A resident of Philadelphia.
- Not enrolled in college.



To apply scan the QR code to the right!