



Teen Center-School Based Youth Services

At Cape May County Technical High School

A Program of Cape Counseling Services, Funded by the Department of Children and Families

188 Crest Haven Rd.

Cape May Court House NJ 08210

(609) 380-0209 ext. 686



Groups and Activities



Art Studio



- Creative minds of all skill levels welcome. Students will create personalized artwork using various art media (acrylic paints, sketch, mixed media/collage, photography, upcycling, tie dyeing, beading, crafting clay, etc.)
- Weekly, Mondays afterschool 2:30-3:30pm, Room 116

Volunteer Club

- Students prepare meals at AC Rescue Mission, assist the animal shelter, food bank collections and deliveries, do community clean-ups, and participate in Relay for Life, along with assisting in many other community projects.
- Weekly, Tuesdays after school 2:30-3:30pm, Room 126

Fitness

- Variety of fitness opportunities throughout the year: flag football, bootcamp, Zumba.
- See monthly calendar for dates

Teen Center Games

- Open after school for use of: chess, board games, cards, puzzles, pool table, wii, etc.
- Weekly, Wednesdays afterschool 2:30-3:30pm, Room 126

Jam Session

- Students are given the opportunity to play drums, keyboards, guitars, and a variety of other instruments. No Experience necessary. Lessons given FREE upon request.
- Weekly, Thursdays after school 2:30 -3:30pm, Room 119



Alphabet Soup- (LGBTQIA&A)

- For our Lesbian, Gay, Bi-Sexual, Transgender, Questioning, Intersex, Advocates and Allies. Meets monthly and plans activities with other schools in the county.

Trips

- Washington D.C., Ski/Snowboard Trips, Summer Trips, Longwood Gardens, NYC

SBYS Scholarship

- Thanks to donations, fundraising, and community partners we are able to give scholarships to deserving seniors who have participated in our program.

Youth Advisory Board

Students are involved in decision making for upcoming events and trips, making flyers and promoting awareness days. Meets 1st Tuesday every other month starting in October.

Gift Making Workshops

- Students can make gifts for family and friends for the holidays such as jewelry, sand blast items, woodworking, etc. Supplies are provided FREE of charge.





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2016-2017 Save the Dates



❖ **Disability Awareness Day- Saturday, November 5th**

This event is sponsored by the Cape May County Office of Aging and Disability Services. Come and learn all the supports and services Cape May County has to offer. Our volunteers will be assisting in face painting and games with children while parents are able to gather valuable information.

❖ **Community Liaison Board Meetings:**

October 6th, December 1st, February 2nd, May 4th

The Community Liaison Board consists of parents, school personnel, and representatives from various businesses and non-profit organizations that serve the youth in our area. The Purpose of the Community Liaison Board is to disseminate SBYS updates, receive feedback and discuss new ideas, share information regarding community needs, and collaborate on joint projects. Always welcoming new members.



❖ **Ski/Snowboarding Trips: January 21st and February 11th**

SBYS holds an annual ski/snowboard trip to Jack Frost. You can earn a free lift ticket to use on our trip or on your own. Just earn A's and B's on your 1st Marking Period report card to earn this pass. No need to register. Start your year off right and be rewarded.

❖ **Game of Life - March 16, 2017**

Approximately 50 agencies from around the county come to CMCTHS for the Game of Life. Students from the junior class will get a scenario and learn what these agencies have to offer and how they may help them should a situation arise.

Stay In Touch:

If you are not already on our e-mail list and want to receive SBYS updates and reminders via E-mail, please drop us a line at nhiers@capemaytech.com. Check for our monthly calendars for up to date groups, activities, events and trips.

TEAM:

Program Manager: Noël Hiers, LCSW ext. 683
Program Therapist: Victoria Schwachter, MA ext. 685
Youth Development Specialists:
CeeCee Carmichael, BA ext. 226
Laurie Emhe, LCADC ext. 227
Secretary ext. 686