ONLINE PROGRAMS

YOUTH MOVE

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S.L.A.M. Group
In partnership with NAMI Coastal Virginia and UMFS, SLAM (Share, Learn, Aspire, and Mentor) Groups meet the 3rd Tuesday of the month from 6–8 PM online. These groups are open to all 16–24-year-olds who have systems experience.

To register: email Melvin at MROY@UMFS.ORG

Youth MOVE Youth and Young Adult Activities Groups
Youth MOVE online activity groups are for all, ages 14–29. These groups are an opportunity to connect with other youth and young adults across the state and to participate in a variety of activities online. These groups meet on the 2nd and 4th Thursdays of the month at 6:30 PM.

To register: https://forms.gle/X5X45qsaNTSKm7w69

Resiliency Training
Often in media, we hear the word “Resilient,” but what does that really mean? Our Resiliency Training for youth and young adults explores how young people can use resiliency in their day-to-day lives. It also covers self-care and offers connection to young people. The next training date will be released soon. This training is open to ages 14–29.

Next Training Date: TBD

To stay up to date on the next training, register for our waiting list

Advanced Youth Leadership Training
Our Advanced Youth Leadership Training has moved online to accommodate for the COVID-19 Pandemic. This done-in-a-day training is open to youth and young adults ages 14–29 who are interested in learning more about how to be a leader to the people around them.

Next Training Date: TBD

To stay up to date on the next training, register for our waiting list
Please contact sfontaine@namivirginia.org for more information.