



CALLING ALL TEENS!

BE THE SUPERHERO OF YOUR OWN STORY! SWIMMING UPSTREAM TEEN MENTORING PROGRAM

FREE 4-SATURDAY EMPOWERMENT WORKSHOP

3/15, 3/22, 3/29, 4/5/2025 | 10AM-12PM @ ACCESS YOUTH ACADEMY
704 EUCLID AVENUE SAN DIEGO, CA – CLASSROOM 3

UPLIFT San Diego's Swimming Upstream Program is crafted to empower student leaders through interactive workshops, hands-on activities, and inspiring guest speakers.

Students will have the opportunity to explore:

Day 1 — Saturday, March 15, 2025:

- **The Power of Resilience & Wellness:** Build confidence with healthy coping skills and nutritional education to navigate life's challenges.

Day 2 — Saturday, March 22, 2025:

- **The Power of Healthy Choices & Relationships:** Create strategies to foster positive connections and avoid high risk behaviors.

Day 3 — Saturday, March 29, 2025:

- **The Power of Money Management:** Develop smart money habits for long-term success.

Day 4 — Saturday, April 5, 2025:

- **The Power of Goal Setting & Career Planning:** Understand vision-building and exploration of future pathways.



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