



ADULTING 101

AGES
15-23

SUMMER PROGRAM

FREE

The skills learned by participants of this program will make a difference in their lives for years to come.

WHERE: JT LAMBER INTERMEDIATE SCHOOL
2000 MILFORD RD,
EAST STROUDSBURG, PA 18301

WHEN: JUNE 19TH - AUGUST 18TH 2023

TIME: 10A - 3P (M-F)

Goals of The Summer Program:

- To inspire and teach life skills that will help them transition successfully onto adulthood.
- Build a research-based model for improving the lives of young adults within Monroe County.
- Empower youth to start uncovering and using their talents.



Highlights: Interactive workshops, and thought provoking discussion on topics such as, surviving a lockdown, decision making, goal setting, budgeting, social media, etiquette, social relations, life hacks, healthy eating, agriculture, and college planning.

Mentee's will have the opportunity to learn from professionals with experience in:

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|---------------|------------------|---------------|
| • Agriculture | Entrepreneurship | Military |
| • Music | Public Speaking | Culinary Arts |
| | etc. | |

For more details, contact: mentorsrusinc@gmail.com, (570) 733 - 4MRU

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