

Girls Table Talk

with AC Rec

FREE 8-WEEK GIRLS MENTORING
PROGRAM FOR AGES 12-17

Fridays
5PM - 7PM

April 17th - June 5th
@ AC PAL Building

Come join us for an empowering program
to build confidence,
gain suitable life skills, and
discuss important topics.

TO REGISTER:

✓ squick@acnj.gov
(609) 572-5265
ext. 4256

Topics: Depression ★
★ ✓ Anxiety
✓ Self-Esteem
✓ Relationships
★ ✓ Goals (Future)
✓ Mental Health

Light refreshments provided!



If you require reasonable accommodations to participate in City programs, activities, and services contact 609-347-5374 or ACHR@acnj.gov

