

YOUTH THRIVE

Community Free Play Clubs

Relaunching this Fall!

- **Perkins Park Playground** Thursdays 3pm- dusk
- **Cushing Park** Mondays 3pm- dusk
- **Moseley Pines** Tuesdays 3pm-dusk
- **Woodman Park** Wednesdays 3pm- dusk

What is a Free Play Club?

It's a set time where parents know that others may be sending their kids to play at a park or playground. Parents may be on site or allow older kids to go on their own. However, the goal is for children to play independently and have adults for emergencies only (like a lifeguard).

The social skills children learn through play, risky activities and conflict, build resiliency and reduce anxiety and depression.

By focusing on the **5 to Thrive**

we will continue to build developmental youth assets in our young people!



YOUTH THRIVE is a multi-year plan to:

- Help the community as a whole **VALUE** our young people and see them as a resource in our community
- **ENGAGE & EMPOWER** young people to increase independence and coping skills to take into adulthood
- **SUPPORT** young people and their families to make sure they are able to live their best lives
- And **INSPIRE** young people to find their spark and ignite their own fire!

Join the Let Grow Challenge!

Work with your children to chose a new activity every week for them to try on their own! Maybe it's walking the dog, doing laundry, running in the store for you or smaller like taking out the trash or getting their own bowl of cereal!

Learn more at newburyportyouthservices.com

