



# Our Program

The Safe Harbour Program is a voluntary, strength-based service offered to youth up until the age of 24. Our goal is to empower you through one-on-one services and/or group workshops that aim to provide the education, skills and support needed to lead safe and meaningful lives.

## Group Workshops



### **BUILDING SKILLS FOR CONSENSUAL HEALTHY**

**RELATIONSHIPS** - Discover your values & self-worth and experience the meaningful relationships you deserve!

**SAFETY PLANNING**- Face difficult life circumstances with courage & skill. Become familiar with local resources to increase your emotional, physical, mental, & financial safety.

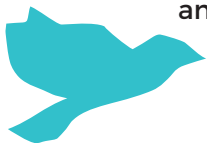
**ONLINE SAFETY**- Commit to protect yourselves and others online. Understand the definition of cyberbullying, common characteristics associated with it, and laws that exist to protect you.

**YOU'VE SHARED PHOTOS...NOW WHAT??** - It happens! Experience a safe space to discuss sexting while learning about associated laws & appropriate procedures around reporting & deleting unwanted photos or messages.

**SAFE HARBOUR ARTREACH**- Communicate the implications of human trafficking and exploitation through an art/writing based project and help raise awareness throughout Ulster County. (Displaying artwork is optional.)



Find out more on our website!  
Search for Ulster County Safe Harbour  
and click on the Youth tab!



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**CONTACT US!**

Are you, or is someone you know, in need  
of supportive services?



**Ulster County**  
**Safe Harbour**

*Inspiring and Empowering Youth*

