



# MAINESTAY

## YOUTH & FAMILY SERVICES

### YOUTH PROGRAMS

- ✓ Anger Management
- ✓ Anxiety Coping Skills
- ✓ Art
- ✓ Cooking
- ✓ Emotion Regulation
- ✓ Improv
- ✓ Mentoring
- ✓ Pride
- ✓ Sandtray Therapy
- ✓ Self-Esteem Building
- ✓ Summer Camp
- ✓ Tutoring
- ✓ Yoga



### ABOUT US

MaineStay provides free or affordable programs for Maine Township youth ages 5-17, with a focus on social-emotional learning opportunities that aim to maximize each child's full potential.

### LOCATION

Most of our programs are held in the Maine Township Town Hall building at 1700 Ballard Road in Park Ridge.

### CONTACT US

To learn more or register for our programs online, please visit [mainetown.com/mainestay](https://mainetown.com/mainestay) or contact us at 847-297-2510 or [mainestay@mainetown.com](mailto:mainestay@mainetown.com).