



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASPIRE

ASPIRE is a community based program for **young adults (18-30) in recovery from drugs and alcohol**. The program and curriculum is designed to fill in gaps around **life skills, education and career planning** that may have been missed while in active addiction. ASPIRE focuses on additional **skill sets to enhance lives** including social, education and physical wellbeing.

During the **first three months** participants will (1 night per week/1 Saturday per month):

- Improve their **mental, emotional and physical health** and wellness.
- Complete practical tasks leading to furthering their **education**, advancing **career objectives** and/or improving **personal relationships**.

Sessions will be **led by professionals** from within the community, all of who have extensive educational backgrounds and/or experiential proficiency with long-term recovery. In addition to the curriculum, program participants receive:

- A one-year **YMCA of Montclair membership**.
- A **stipend** to cover round trip transportation to the program from Bloomfield, Cedar Grove, Clifton, Glen Ridge, Montclair and Verona NJ.
- Three months of **coaching** after successful completion of the first three months.

Program participants are expected to:

- Have a **at least 90 days of recovery** and a personal recovery program in place.
- Pay a **\$70 registration fee**. Participants who successfully complete the program (after the 3 months of coaching) will receive their money back.
- **Participate** in all program sessions.

More information about the Fall 2018 cohort (begins mid-October) will be available soon.

Apply online at <http://www.montclairymca.org/aspire/#> or contact Kimberley at ASPIREYMCA@montclairymca.org or 973-415-6102.



Partners
for Health
FOUNDATION

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MontclairYMCA.org

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