

UNSTOPPABLE

Unstoppable - A Space for Teens with Spina Bifida to Connect, Grow & Thrive

Unstoppable teen program is a structured, peer-based program designed for adolescents, ages 13-20, with Spina Bifida and similar disabilities. The program provides a supportive environment where teens can build confidence, connect with peers, and develop skills for great independence.

Participants **will have the opportunity** to:

- Build **self-advocacy skills**
- Develop **independence and confidence**
- Strengthen **emotional well-being**
- Connect with **other teens who share similar experiences**
- Try new activities and **find their voice in a supportive environment**
- Have fun in a **judgment-free space created just for teens**

River Crossing YMCA—Flemington, NJ

Saturday, April 11

11:30 AM –1:30PM

Registration **required**. Parent/guardian **must complete** the form [here](#) or scan



For questions or additional information:

Spina Bifida Resource Network

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or contact

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