

# SMART YOUTH

Join our **virtual community** for

**COOKING Classes,**

**LGBTQIA+** inclusive

**SEX EDUCATION,**

**SOCIAL JUSTICE**

discussions,

**Mental &**

**Physical HEALTH**

workshops,

**& MORE**

for **YOUTH** ages **13** to **24**  
of **ALL GENDERS!**

## Cooking Classes:

Gain independence by learning to cook healthy meals for yourself, your family, and friends! Great practice for when you go to college or begin living on your own.

## LGBTQIA+ inclusive Sex Education:

SMART Youth is safe space for LGBTQIA+ youth. Learn how to have healthy relationships that affirm your authentic self!

## Social Justice Discussions:

Find out more about the history of activism and discover how you can make your voice heard within your community!

## Mental/Physical Health workshops:

Hear from medical experts on health issues ranging from stress management to illness prevention to coping with depression.

**FRIDAYS** at **4:30 P.M.**  
via **ZOOM**

## NEW PARTICIPANTS

must contact Frances Wood at (212) 289-3900 or [frances.wood@smartuniversity.org](mailto:frances.wood@smartuniversity.org) for an intake appointment & invitation to the weekly meeting.

[www.smartuniversity.org](http://www.smartuniversity.org)