

Youth Ministry Parents and Friends Community Resources Program

Fourth Monday of the Month
6 PM | Dinner Provided
RSVP at ourladyoffatima.org

OLOF Youth Ministry is offering a new program for any parishioner or community member who would like to attend. The goal of this program is to provide everyone in our community with access to information, skills, and resources to be able to help youth they encounter in our community. We will bring in speakers to share about different topics such as safe dating, substance usage, mental health, creating healthy communication and more.

Many may think that these issues are only for parents or educators of older children. However, this information is relevant and important for everyone in our community- parents of young children, peers, empty nesters, volunteers, etc. There is nothing we will ever do that is more important than protecting the youth of our community, and protecting our youth starts with you.

Upcoming Programs

- February 25- “While there is no absolute scientific formula for identifying when an individual’s substance consumption has developed into a full-blown addiction problem, many rehabilitation counselors agree that there are five distinct stages of chemical use that may lead to addiction. The four stages are generally acknowledged as experimental use, regular or responsible use, transition, early dependence and full dependence. While individuals in the first or second stages may not necessarily progress into chemical addiction, individuals in the third stage of misuse are likely to develop full-blown addiction problems.”
- March 25- Healthy Dating: recognizing signs of abusive relationships, and how to help youth have healthy relationships with friends, significant others, and parents- presented by the Blount County Health Department.
- April 22- National Alliance on Mental Illness (NAMI)- Youth and mental health. NAMI will cover the major mental illnesses, recognizing them in your child or other youth, and answer questions on how you can help.

**Contact Luis Ramos or Sarah Parsons for more information
youthministry@ourladyoffatima.org | (865) 982-3672**