

Resource On:

Youth Programs - School-based or after-school programs, teen wellness initiatives

Community Teen Wellness Program by Mahi Learning

Type: 8 week program

Services Provided: This program is designed for young adults who are looking to improve their overall health and well-being. It is based on the Teen Lifestyle Medicine Handbook.

Target Audience: Young adults

Why it's Useful: It is a very useful program because the knowledge about wealth it contains is crucial for teens to know about. It helps them to be more aware and make healthier choices.

Website:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11760071/>

ROWI

Type: Integrative treatment program

Services Provided: This program provides a variety of different teen and kid programs to benefit their mental well-being. Services can include body focused therapies, lab assessments, wellness skills, mindfulness practices and so much more.

Target Audience: Teens and Kids

Why it's Useful: The ROWI program is super useful for teens because it provides them with a better understanding of what their body needs and helps them to learn how to navigate certain emotions. These skills can be very useful when considering what life looks like in the future.

Website:

<https://rowiteen.com/rowi-edge/>

Boys and Girls Club of America

Type: Dynamic Wellness Program

Services Provided: This program allows teens to take matters into their own hands when it comes to their nutrition and wellness. It guides them in the right direction to make healthy decisions for themselves.

Target Audience: Kids and Teens

Why it's Useful: The Boys and Girls Club of America is super beneficial for teens because it promotes the overall importance of physical activity and really helps to connect teens to the mind, body, and soul.

Website:

<https://www.bgca.org/programs/sports-recreation/triple-play//>