

# Amara

## STAR Youth

### Summer 2023

STAR (Strong, Thriving, Authentic, & Resilient) Youth is launching this summer! Amara's free social-emotional learning program is for King County 9-14 year-olds who have experienced family separation (foster care, kinship care, and/or adoption). STAR is held at Amara's Seattle office at 5907 Martin Luther King Jr. Way S, 98118. Lunch will be served daily.

This program is completely free.



- **Social-emotional learning curriculum developed with former foster youth (SPARK)**
- **Fun & engaging enrichment activities**
- **Opportunities for youth with shared experiences to connect**

**North Star (Week 1)** will cover general social-emotional learning topics like emotional regulation and coping with stress.

**Constellation (Week 2)** will focus on family separation-specific subject matter, including telling our stories (or choosing not to) and honoring important milestones.

Youth are welcome to join for both weeks or just one.



**Scan To Register**

### **Program Dates**

**9:00am - 2:00pm, Monday-Friday**

North Star (week 1) July 10th - July 14th

Constellation (week 2) July 17th - July 21st

North Star (week 1) July 31st - August 4th

Constellation (week 2) August 7th - August 11th

Email questions to [youth@amarafamily.org](mailto:youth@amarafamily.org)