



301-645-1837  
 75 Industrial Park Drive,  
 Waldorf, MD 20602  
[WWW.TCYSB.ORG](http://WWW.TCYSB.ORG)  
[INFO@TCYSB.ORG](mailto:INFO@TCYSB.ORG)

Tri-County Youth Services Bureau is a community-based non-residential delinquency prevention organization that provides counseling, youth development and family support services to prevent youth violence, suicide and substance abuse among children, youth and families in Calvert, Charles and St. Mary’s counties.



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## CHILDREN, YOUTH AND FAMILY COUNSELING

Individual, family and group counseling services are offered to children and youth up to age 24 and their families.

## SCHOOL—BASED COUNSELING

Counselors in every elementary and middle school in Charles County address unmet mental health needs to ensure students’ academic success. Students are referred to the counseling program by the school principal, the guidance counselor or at the request of parents.

## YOUTH DEVELOPMENT PROGRAM

Youth development focuses on helping youth deal successfully with the challenges of adolescence and prepares them for adulthood by developing assets and competencies, such as caring relationships, safe places and activities, marketable skills and opportunities for civic responsibility.



## READY 4 LIFE

The Ready 4 Life Program focuses on Youth ages 16 to 24 who are not in school and are not working. A youth engagement Coordinator locates these youth through community outreach and matches them with appropriate Community based services. (Youth and parent groups are also offered).

### Calvert County

3695 Hallowing Point Road, Suite 6  
 Prince Frederick, MD 20678  
 443-975-7357  
 Fax 443-975-7989

### Charles County

75 Industrial Park Drive  
 Waldorf, MD 20602  
 301-645-1837  
 Fax 301-645-9169

### St. Mary’s County

Jarboe Family Education Center  
 21161 Lexwood Drive  
 Lexington Park, MD 20653  
 301-866-5332  
 Fax 301-866-5996

### Hours

Mon—Thurs 9 a.m. to 8 p.m.  
 Fri 9 a.m. to 5 p.m.  
 Sat 9 a.m. to 1 p.m.


# Groups

## BEST FOOT FORWARD

...a group for girls that explores etiquette, healthy relationships, self-esteem, and career choices. Community members will share their experiences.

## YOUTH POWER

... a youth-led group for youth that gives youth the opportunity to create change in their communities and to have a place where they can safely interact with one another.



Choose your cause and show some love today.

CFC # 72174.

MCC # 52384775

## STEP ON UP

... a group for young men that explores character development, healthy relationships, self-image, and career choices. Community members will share their experiences with participants.

## MANAGING EMOTIONS

...a group for all children and youth that helps them manage negative emotions, including anger, shame and sadness. Participants will develop skills to embrace joy and happiness.

## PARENT SUPPORT GROUPS

.... a group designed to build stronger family ties and to improve communication between parents and children. Parents develop extra skills to help them do the best job possible in raising their children.

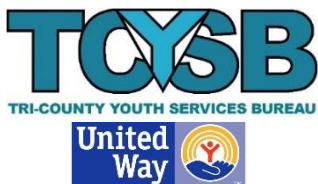
## FIT\*KIDS

...a character building program that focuses on wellness by strengthening physical and personal stamina through exercise and healthy nutrition.

## YOUTH LEADERSHIP

... a group for youth that helps youth to develop their leadership capacity and explores topics such as communication, teamwork, professionalism, leadership qualities and project management.

For information on group schedules, please contact the Youth Services Bureau office in your county.



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