

# YMCA News

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Randolph-Ashboro YMCA

June 2024

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## OUR NEW TEEN MENTAL HEALTH PROGRAM

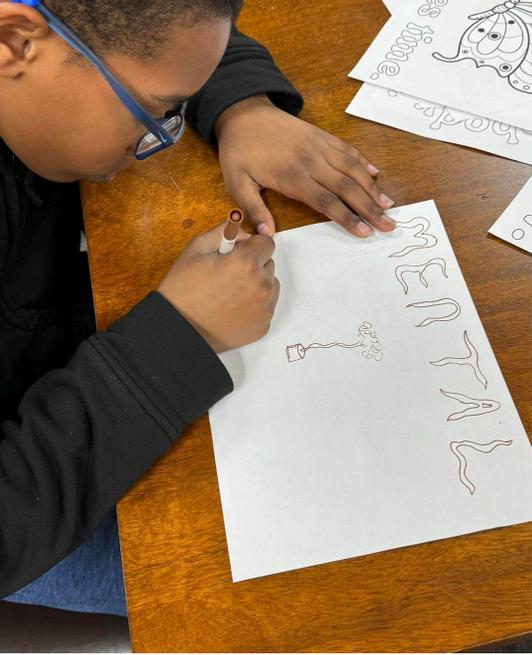
Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for failing grades, problems with close relationships and substance abuse.

With our new Teen Mental Health Program, young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

Meetings will be held every Thursday from 4:00 PM - 6:00 PM  
and are FREE to all kids ages 11-18.

Topics will include bullying, self reflection, self care, respecting yourself, forgiving yourself and more! We will also have activities planned like gardening and STEM. The kids will also get to hear from various speakers and have access to important teen mental health resources.

For more information, you can check our program out at  
[randolphasheboroymca.com/teen-mental-health-resources](http://randolphasheboroymca.com/teen-mental-health-resources)



## TEEN MENTAL HEALTH



## PROGRAM PICTURES



**MIDNIGHT  
BASKETBALL  
REGISTRATION  
ENDS JUNE 28TH**

**K-12TH GRADE**

**Season Runs**

**July 16th - August 1st**

**\$15**



United Way  
of Randolph County



**Splash Pad Hours**

Monday - Thursday

11:00 AM - 5:45 PM

Friday - Saturday

11:00 AM - 4:30 PM

Sunday

1:15 PM - 4:30 PM

**SIGN UP FOR  
SAND VOLLEYBALL!**

**Season Will Run**

**September 10th - October 3rd**

**Games Played At**

**The Zoo City Sportsplex**

# JOE TAURECK

Senior Program Director, Soccer Director

How Long Have You Worked For the Y?

23 Years Total/16 At This Y

What Are You Most Proud Of During Your Time At The Y?

All The Work We Do To Help People, & The Stories That We Don't Tell. We Do Things That Affect Lives Without Ever Sharing It Or Putting The Faces Out There. Sponsoring Players That Couldn't Afford To Play. Raising Scholarship Money. Helping The City Of Asheboro Win The All-America City Award With Our Program Highlights. Partnering With Many Organizations, Including Law Enforcement, Fire Departments, Schools & The United Way To Enhance The Lives Of Local Citizens.

Fun/Unique Fact About Yourself:

I Have A Lovely Wife & Amazing 3 Children. All Participate In Multiple Y Programs, Including Soccer, Basketball, Baseball, AfterSchool, Summer Camp, Yoga Swim Lessons & Fitness Classes. I Had A Coworker Tell Me 20 Years Ago That I Would Meet My Wife At The Y, & He Was Right. I Met My Wife Here At The Randolph-Asheboro Y!

Hobbies Outside Of Work:

I Love Sports, Comic Books, Traveling & Collecting Shoes & Memorabilia

# STAFF SPOTLIGHT

