

Check Out Abington YMCA's Teen Leadership Club

Did you know that the Abington YMCA offers a Teen Leadership Club? It is a service club open to seventh through twelfth graders. Teens engage in a variety of activities that include a recent "senior prom for the senior citizens" at Sunrise Independent and Assisted Living of Abington. They also adopted and maintain the flowerbed in the middle of Old York Road outside the YMCA and run the Snak Shak at the Y where they raise money for their programs. "These kids like to jump in wherever they are needed," notes Ayanna Traylor, Senior Program Director at the YMCA and advisor to this club.

Club meetings also include personal growth activities. Periodically, members

attend weekend teen leadership rallies as well as a summer week-long teen leadership training school with other YMCA teen clubs throughout the region. Those gatherings usually include time for dances and socializing.

Teen Leadership Club meets every Thursday from 5:00-7:00 p.m. at the YMCA. Teens are welcome to attend a meeting to find out more about the club. As members, they must obtain a \$36 YMCA youth program membership and pay dues of either \$2 a meeting or \$5 a month. For more details, contact Ayanna Traylor at 215-884-9622.

Abington Hospital Introduces Safe Harbor Program

Safe Harbor assists children, teens, and families who have lost a loved one through death. All family members can participate in Safe Harbor for the mutual support it offers. Children and teens are assigned to one of four age-appropriate groups, while parents or guardians meet separately. All groups are facilitated by trained professionals, including teachers, nurses, social workers, and psychologists.

Recently, Abington Senior High School art students have been volunteering their time to paint murals in the different rooms designated for various age groups. The younger children's room has been

supplied with toys to help children express their grief more comfortably through play. A game room for teens includes foosball and air hockey. Older children also have guided group conversation time.

The program provides a safe place for all family members to share their experiences as they move through the grief and healing process. Safe Harbor meets 6:30-8:00 p.m. on Thursdays at Abington Memorial Health Center, Schilling Campus, The Pennwood Building, 4th floor, 2500 Maryland Road, Willow Grove. For more information, contact Program Director Jacqueline Olsen at 215-481-5983.

Gun Safety Program To Be Held April 24

One of the greatest tragedies is an injury or death that could have been prevented. The Gun Safety Program, sponsored by Abington Memorial Hospital in cooperation with the Montgomery County Health Department, is designed to educate and remind parents and children, gun owners and their families to take responsibility and practice gun safety. One free trigger lock will be given to each family attending this program on Tuesday, April 24, 7:00-9:00 p.m., Abington Memorial Hospital Beardwood Auditorium. Information and pre-registration: 215-481-2204.