



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEENS IN MOTION – LA MESA COME AS YOU ARE!

Teens in Motion is an afterschool care program for teens and young adults ages 12–22 with developmental disabilities. Our focus is on socialization, skill-building for independence, and having fun!

OPEN DAILY: 1:20pm–5:00pm on school days.

SUBSIDIZED COST: Clients of San Diego Regional Center may be eligible for full payment coverage. Connect with your Service Coordinator at Regional Center to complete a child or adult care assessment and determine if your student can be authorized for our program. Ask your Program Service Coordinator to search for program code YMCA Teens in Motion- PY2539.

STANDARD COST: \$1,185 per month of enrollment for those ineligible for full payment coverage.

WHERE: Helix High School | 7323 University Ave, La Mesa, CA 91942

CONTACT TESS WILLIAMS FOR MORE INFORMATION:
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