



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN ACHIEVERS PROGRAM

2025 Meeting Dates & Topics

OCT
22

Explore Your Y: Teen Member Night | 7:00-8:30pm, Main Y Facility

Take advantage of your free teen membership as an Achiever! Enjoy Y amenities like kickboxing, swimming, racquetball, open gym, and more. Open to teens age 13+.

OCT
29

Careers in Public Service | 7:00-8:30pm, Room 201-202

Explore careers in protecting and serving the public, enforcing laws, providing legal services, and public administration with Assemblywoman Linda S. Carter.

NOV
5

Meet The Professionals | 7:00-8:30pm, Room 201-202

Practice networking with professionals from various industries. Bring your resume, dress sharp, and build your confidence.

NOV
12

Savor The Season: Nutrition & Wellness | 7:00-8:30pm, Room 201-202

Learn how to stay healthy through the holidays with meal prep tips and nutrition guidance. Includes demonstrations and practical examples.

NOV
19

Holiday Potluck | 7:00-8:30pm, Room 201-202

Celebrate the season with a Friendsgiving-style potluck. Bring a dish and enjoy good food and great company!

NOV
26

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DEC
3

Resume Writing Workshop | 7:00-8:30pm, Room 201-202

Craft a resume that stands out! This session offers tips to help you shine on paper.

DEC
10

Job Search & Interview Skills | 7:00-8:30pm, Main Y Facility

Learn how to find job opportunities and ace your interviews with confidence. Led by Achievers Program Alumni Jenny Tyler.

DEC
17

AI Tools for School & Career Success | 7:00-8:30pm, Main Y Facility

Discover how the AI tool ChatGPT can help with schoolwork, resumes, and job prep. Led by Achievers Program Alumni Jenny Tyler.

DEC
31

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ACHIEVERS is a college readiness, career development, leadership, mentoring and life skills program offered at no cost to minority middle school and high school students in Union County. Students are provided the opportunity to connect with a diverse group of professionals and have meaningful conversations about financial literacy, higher education, employment, community service, volunteer opportunities, and soft skills.

Interested participants must apply and agree to attend and actively participate in workshops and events. Contact Nadya Lawrence, Program Coordinator at nlawrence@westfieldynj.org to apply.

WESTFIELD AREA YMCA • 220 Clark St., Westfield • 908-301-YMCA (9622) westfieldynj.org • [f](#) [i](#) [t](#)

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923. Financial assistance is available for YMCA programs and memberships.