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# YOUTH IN ACTION

**Know a teen who would benefit from a leadership group?**

*They can join other youth to turn their real-life experience into growth and career opportunities.*

## Why refer a young person?

### **They'll find their voice**

Learn to harness their emotions and help others do the same. Built for youth, by youth.

### **They'll learn real coping skills**

Evidence-based tools to manage emotions and face life's challenges — skills they'll actually use.

### **Build their future**

Real skills and experiences for their resume or college application — stuff that stands out.

### **They'll become a leader**

Opportunities to create content, mentor peers, and make a lasting difference.

### **They'll find their people**

A supportive group of peers from across the U.S.

## Details

Youth in Action hosts weekly peer-led skills meetings

**Every Wednesday  
@5pm PT/7pm CT/9pm ET**

- Always Free
- 1-hour
- Peer led, adult supervised
- Evidence-based skills
- Fun and engaging
- Not therapy or medical treatment

**For more information email:**  
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*NowMattersNow.org is a 501(c)(3) nonprofit built by people with lived experience, founded by Dr. Ursula Whiteside & co-developed with DBT founder Marsha Linehan.*