



Program Creator & Youth Mentor: Sherrie Wilkins – Burlington County Teacher of the Year



Best of Me is an 8 week character development program *that provides a safe haven for youth, which promotes self-expression while providing strategies for dealing with life's stressors & trauma; increases grammar, spelling, vocabulary & critical thinking; teaches strategies to communicate feelings effectively; promotes healthy self-reflection; and more.*

**Who:** Youth in grades 5-12

**What:** Free character development program

**When:** Thursdays,

September 6th - October 11<sup>th</sup> / 6-7pm

**Where:** Dominique Johnson Center  
(101 Scrapetown Road, Pemberton)

**Why:** Because sometimes life is **HARD** and we need a little **HELP** to be our **BEST** selves.



*Each participant receives a personal personalized journal to encourage healthy communication & reflection.*

**REGISTRATION** accepted at the Pemberton Recreation Department or via email to [SherrieYvette@outlook.com](mailto:SherrieYvette@outlook.com)

Recreation Department Hours:

Mon.- Fri.

8am-4:30pm

**PROGRAM OFFERED FOR FREE** through T.A.G. & registration is required. [609-779-BEST][BestofMe.Us]