

# THE BRIDGE: Helping Youth on their Journey to Adulthood

Founded by Sr. Helen Owens, OSF, in 1979, The Bridge recognizes the special social, emotional, psychological, and spiritual needs of adolescents. Its programs are designed to help young people develop into healthy, confident, motivated adults.

Our **Weekly Drop-In Sessions** offer a place where teens, from 13 to 19, can come together to talk with — or just listen to — other teens. Each week's session features a different topic, ranging from family issues and school violence to health tips and stress relief. Meeting in a very relaxed atmosphere (a comfortable living room setting without desks, tables, or chairs), teens run the session, and it's their thoughts, ideas, and suggestions that are used in planning fun and interesting activities. Participants can attend as many or as few sessions as they would like. The program is free, and there is no registration required. We only ask that you arrive before 7:30 p.m. More details are in the blue box, below. Teens from all over the area have been coming to The Bridge's Weekly Drop-In Sessions for three decades, taking advantage of a wonderful opportunity to meet their peers from different areas and backgrounds. *We hope you visit us, too!*



## THE BRIDGE WEEKLY DROP-IN SESSIONS TUESDAY NIGHTS

Check out our  
**NEW Location**  
at Lourdes Medical Center!



GPS / Entrance at **1499 Vesper Blvd.**  
Camden, New Jersey  
by the corner of Ormond Ave.  
(between Lourdes Emergency Department & Park Blvd.)

Open to **13 through 19-year-olds**  
(& parents, teachers, SAC's, etc.  
who wanna see what it's all about)

Arrive by **7:30PM SHARP**, Stay 'til **9PM**

*No sessions during August.*  
*Call for Weather & Holiday breaks.*  
*Learn more at [bridge1980.com](http://bridge1980.com)*

Our **Off-Site School/Community Outreach Programs** serve those who cannot make it to the Weekly Drop-In Sessions. We customize programs and services to meet the specific needs of schools, churches, community agencies, parent groups, businesses, health practitioners, law enforcement, and others.

In addition to improving the quality of life for many young people living in neighborhoods throughout the Greater Camden City community and beyond, The Bridge is also helping them learn to develop the skills and confidence they need to become productive citizens, whole brain thinkers, and effective problem-solvers. The Bridge Drop-In Sessions and Outreach Programs empower these youth to become good candidates for the local workforce, potential leaders in their communities, and thoughtful stewards of resources.

When you make a donation to The Bridge, or volunteer your time to support our programs, you can feel secure that your efforts will yield many returns.

## Are you an Educator, Group Leader, or Business Owner?

The Bridge offers a range of customizable workshops:

- Bullying & Violence Prevention
- Team Building
- Goal Setting
- Character Education
- Positive Lifestyle/Healthy Attitudes
- Creating Community in the Classroom
- School Workshops/In-Services/Presentations
- Empowering Tomorrow's Workforce Today
- Group Dynamics
- Peer Leadership
- Self-Esteem Development
- Conflict Management
- Communication Skills
- Leadership Training
- Wellness Days/Retreats
- Start Your Own "Bridge"



The Bridge is an approved NJ Department of Education (NJDOE) Character Education Program, (Provider #1779). The Bridge works in collaboration with the Camden County Prosecutor's Office, offering Anti-Violence/Anti-Bullying Programs to schools and communities.

## Empowering Youth Through Communication, Leadership, & Growth

"I have volunteered at The Bridge since 1988. Over these last two decades, I have seen The Bridge work miracles, and I have seen The Bridge offer support, care, and guidance to teens, both in big and small ways."

*Kathy B.*

"As a young girl from North Camden, I was told that my future consisted of teenage pregnancy and broken relationships. However, The Bridge taught me that I was so much more than that by giving me a place to speak freely, socialize with others, acquire coping skills, and the knowledge that anything is possible with hard work and determination."

*Marisol C.*

"In all my years as an educator, I have not witnessed anything as powerful or as effective as The Bridge program."

*Anna L.*



"The Bridge helped me and is still helping me become a responsible and respectful young man in many ways that mean a lot to me."

*Anthony P.*

"Just the other day I passed this girl in the hallway. She was hunched over, trying to be unnoticed, and reminded me of me. I thought how painful that would have been for me to go into college like that. I would have missed out on so many opportunities...I felt grateful for The Bridge, tremendously. You guys are a blessing."

*Lily Q.*

"When I came to The Bridge about four years ago, as an intern, I thought I was just going to be helping them. It turns out they've helped me grow in patience, confidence, listening skills, and a host of other things I will need to succeed in a career working with adolescents."

*Tiffany H.*



## THE BRIDGE

Need more information?  
Interested in volunteering or donating?  
Please contact us:

Renée Pinardo, Dawn, and Maria

[bridge@bridge1980.com](mailto:bridge@bridge1980.com)

856-757-3080 or FAX 856-757-3081

The Bridge at Lourdes Medical Center  
1600 Haddon Ave - Camden, NJ 08103

[www.bridge1980.com](http://www.bridge1980.com)

*A United Way of Camden County Partner, The Bridge is made possible through support from Lourdes Health System, A Ministry of the Franciscan Sisters of Allegany; gifts from other organizations; private donations; & generous individuals. We Thank You!*

### Let's Help Each Other...

**Refer Us!** Spread the word about our Weekly Drop-in Sessions and our Off-Site Programs.

**Join Us!** Meet new people while improving your communication, problem-solving, and leadership skills! Ask about our FREE Leadership Training for ages 13+.

**Support Us!** Make a tax-deductible donation or inquire about other funding and materials needs.

**Hire Us!** If you have a group or work team that would benefit from improved communication or better teamwork, ask about our customized workshops.



# THE BRIDGE

*We Are Empowering Youth!*

- Weekly Drop-in Sessions
- Leadership and Team Building
- Communication Skills Training
- In-Service Programs/Workshops
- Bullying/Violence Prevention
- Self-Esteem Development
- Wellness Days and Retreats
- Character Education Provider
- Start Your Own Bridge
- Youth Group Consultation
- Available at Your Site or Ours