

## Youth Empowerment & Development

### **Youth Leadership Toolkit**

A downloadable guide with activities, exercises, and tips to build confidence and leadership skills.

### **Mental Health Awareness for Teens**

Resources focusing on emotional well-being, self-care habits, and recognizing stress signals.

### **Future-Ready Skills Guide**

A practical resource covering communication, goal-setting, and personal growth strategies for young people.

## Community Learning & Awareness

### **Healthy Community Guide**

Information on nutrition, hygiene, and family wellness practices that contribute to healthier communities.

### **Parenting Support Materials**

Helpful insights on positive parenting, communication with children, and building strong family bonds.

### **Workshops & Training Resources**

Access slides, handouts, and summaries from past workshops and events.

## Helpful Links & External Tools

### **Breastfeeding Support Hotlines**

Quick-access contact numbers for professional lactation support and guidance.

### **Health & Nutrition Articles**

A curated list of trusted articles and research-backed educational content.

### **Youth Program Registrations**

Links to forms and portals for signing up for upcoming youth programs and events.