

Contact us

Questions about skill-building?

Call us at **315-565-8628** to speak with a staff member.

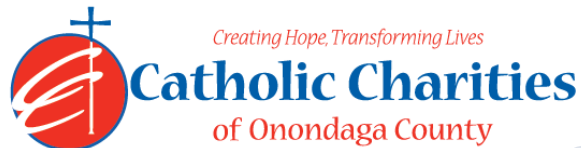
Ready to begin?

Call the **ACCESS Line** at **315-463-1100** to get started!

Skill-Building Program

500 Seymour St.
Syracuse, NY 13204

Phone: 315-565-8628
Fax: 315-410-5685
www.ccoc.us



**Catholic Charities of
Onondaga County**

**Skill-Building
Program**

Creating Hope,
Transforming Lives



Who We Are



Role of a Skill-Builder

Youth are matched with skill-builders to meet their individual needs. The **skill-builder works with the youth individually for two hours a week** to work on identified lagging skills, including anger or anxiety management, self-esteem, communication, getting along with peers and adults, taking responsibility, and accepting limits and boundaries.

Services are initially three months long, with a re-evaluation to determine if more services are needed. Skill-builders can work with youth up to six months, with a majority of youth ending at the 4.5 to 5 month mark.

Skill-Building is a **free community-based program that focuses on developing skills** in three core areas: emotional regulation, social competency, and community connections.

Skill-builders use activities that are designed to help youth develop skills for managing emotional and behavioral challenges in a positive way.



Who We Serve

Youth age 5 to 18 who reside in Onondaga County are eligible for skill-building services through Catholic Charities.

Youth do not have to have a mental health diagnosis, and families do not have income requirements to receive services.

