

REBOUND...



On-TRAC Social Skills Program

On-TRAC is a pro-active anger awareness and violence prevention group program where youth work to develop positive life skills to stay On-TRAC for a successful future!

Through the On-TRAC program, youth can build anger awareness and interpersonal problem-solving skills by exploring such topics as interpersonal communication, healthy relationships, bullying: bully/victim and bystander, positive and negative stereotypes as well as triggers for anxiety and stress.

The On-TRAC program is open to all youth ages 12 – 17 who are interested in developing life skills and gaining the confidence to make positive change in their lives.



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