

C.A.V.E. is an evidence-informed approach to working with transition age youth to increase well-being and engagement in services. **C.A.V.E.** is relationally-focused and helps those involved with TAY to connect and align with youth, while facilitating healthy brain development.



COMPASSION

EMPATHY PLUS THE DESIRE TO HELP



AWARENESS

MINDFUL OF ONE'S VALUES AND JUDGMENTS



VALIDATION

RECOGNIZING ANOTHER'S INTERNAL EXPERIENCE



EMPOWERMENT

ACCESS TO A RANGE OF OPTIONS, GOOD OR BAD

Please contact us to learn more about how you can benefit.

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