



## **YL One is a safe place for teenagers (ages 14-20) to find hope and freedom from their pain and addictions**

**Pain is real.** Whether through abuse, rejection, criticism, betrayal, divorce, failure, depression, or ridicule, we've all experienced pain.

**Addictions are real.** We are all impacted by addictions:

- drugs
- alcohol
- sex
- pornography
- food
- cutting
- eating disorders
- relationships,
- entertainment
- some other means of escape

**Hope is real.** At YL One, we introduce students to recovery principles that lead them to hope and healing.

## WHAT IS YL One?

YL One is a home and safehouse to any teenager who is caught up in any variation of pain this life can bring, where students will connect with God learning to trust God's promises creating a lasting impact on their lives, connecting with others investing in their lives and connecting others to the relationship God offers. Learning to rely on God daily through the understanding that we are better together.

No matter what your hurt, habit or hangup looks like for you, this is your place. YL One provides hope and support through any aspect of pain. To some that looks like a broken home, depression, anxiety, an unrelenting addiction, feelings of loneliness or self harm. These are just a few of the many examples of hurdles this life throws at us. We are here for you along any path you may be on.

YL One meets every Thursday night. We have highly qualified and committed adult leaders who guide our students through lessons which alternate weekly between a teaching or a guest testimony. This includes experiential learning exercises, followed by specific small groups to discuss the evening's topic with a safe community.

YL One is a 52-week 12-step Jesus-centered recovery program for teens. It doesn't matter what your hurt, habit, or hang-up is, we want you at YL One!

## YL One

A place of Recovery

A place of Hope



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