# A safe space to share

EXPLORE OUR COMMUNITY

JOIN A PEER SUPPORT GROUP WHERE YOUR STORY MATTERS AND YOUR EXPERIENCES ARE RESPECTED.





## What is peer-led support?

Peer-led support means our groups are guided by people with the same experiences, creating a welcoming space while you're on the path to recovery.

## What to expect

Peer support isn't therapy, and we're not here to fix anyone. Here's what we offer.

**01**

**SHARED UNDERSTANDING**

Connect with others who truly get what you're going through.

**02**

**PRACTICAL STRATEGIES**

Learn coping techniques and resources that have actually worked for real people.

**03**

**HONEST CONVERSATION**

Talk openly about the hard parts of mental health without feeling judged.

**04**

**COMMUNITY SUPPORT**

Build genuine connections with people who understand true recovery process.



### DEPRESSION & ANXIETY SUPPORT CIRCLE

A space for people navigating depression and anxiety to share experiences and coping strategies.



### YOUNG ADULTS MENTAL HEALTH GROUP

Specifically for young adults dealing with mental health challenges during this complex life stage.

# ABOUT KICK START CAMP



## PURPOSE

Kick Start Camp helps young players learn, play, and grow. Football is more than drills; it's teamwork, confidence, and fun.



## APPROACH

Certified coaches blend pro-level training with fun, high-energy sessions. We build skills that feel natural.



## COMMUNITY

We're more than a camp—players bond, parents see growth, coaches celebrate progress. Every kick counts, and everyone belongs.

01

**What should players bring?**

Cleats/turf shoes, shin guards, water, and a snack. Jerseys are provided for multi-day camps.

02

**What if it rains?**

We continue in light rain. For severe weather, we move to indoor drills or reschedule.

03

**Who are the coaches?**

Certified trainers and experienced youth coaches who focus on skill and confidence building.

04

**Can parents watch?**

Absolutely – bring your cheers!

05

**How are players grouped?**

By age first, then adjusted for skill to keep sessions balanced and fun.

06

**What's your refund policy?**

Full refund up to 14 days before camp starts; credits offered after that if we can't fill your slot.



URBAN GROVE FC

# WELCOME TO THE HOME OF GRASSROOT FOOTBALL.

Register

# OUR LEAGUES



## MINIS

Competitive squads and league play.



## JUNIORS

Team training with weekend matches.



## SENIORS

Competitive squads and league play.



## SOCIALS

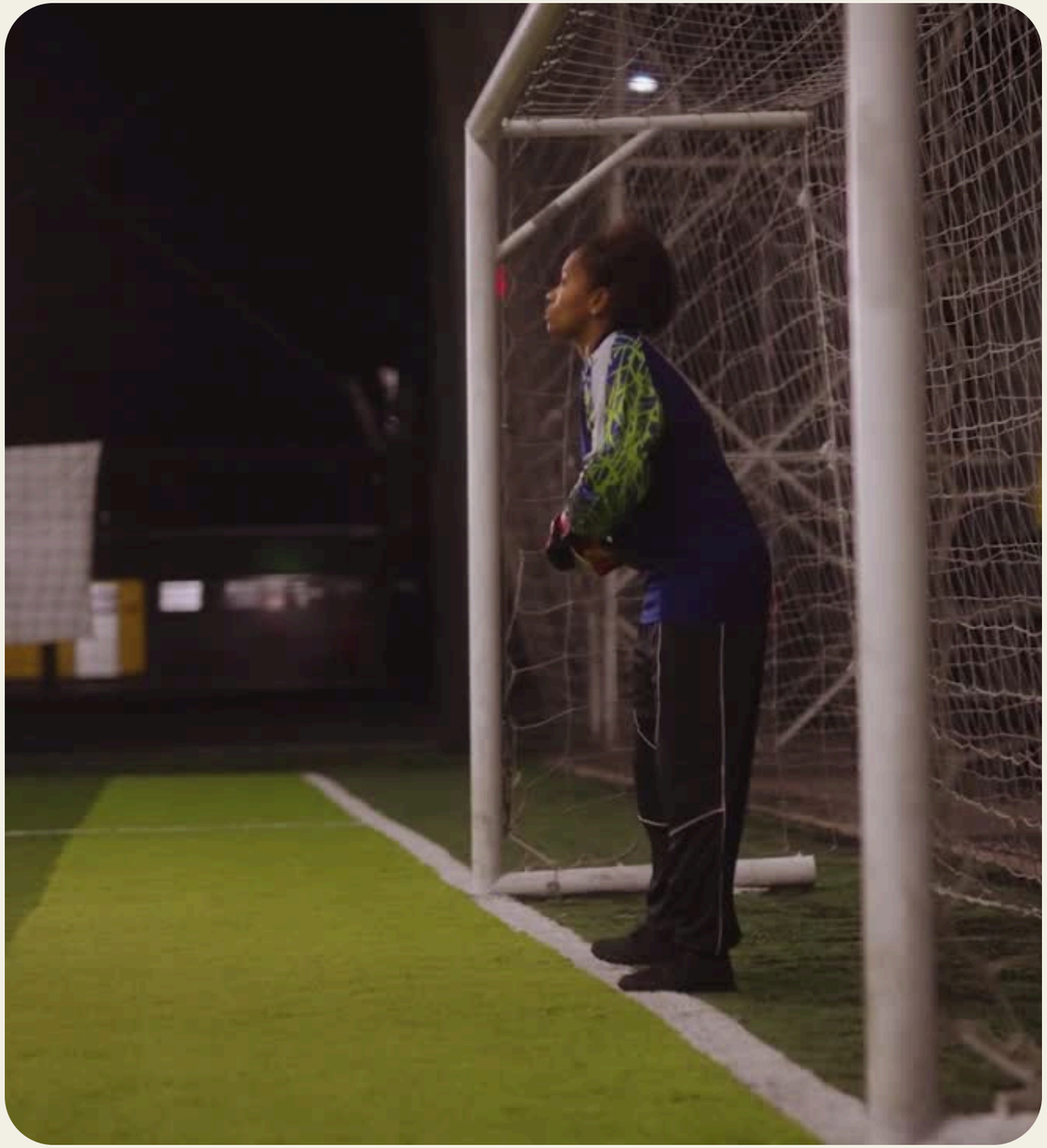
Kickabouts for adults who love a friendly run.

# MORE THAN A CLUB

Founded on a shared love of the game and the energy of our city, Urban Grove FC brings together players, families, and fans who live and breathe football.

We have teams across men’s, women’s, and junior divisions, welcoming players of all skill levels — from first boots to seasoned pros. Our focus is simple: play hard, have fun, and build a club that feels like home.





# CHEERING LOUD, PLAYING PROUD.