

Skill Enhancement Training (SET) is a community based summer program for youth ages 12-21 living with a mental health diagnosis. SET participants are active not only in structured activities to gain life skills, but are also offered group therapy sessions to help them cope with their feelings and emotions. Group session topics are of interest and relatable to encourage conversation.

SET runs 10 weeks

June to August

Hours are 10 am to 5 pm  
Monday through Friday

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*This is Fraser*  Ltd.  
A Chance for Choice



help people achieve a better quality of life  
**Support**  
futures dreams diversity  
**Independence**

**Skill Enhancement  
Training Program**

*Fraser, Ltd.'s  
Day Program for Youth  
Ages 12-21*



Today's youth are faced with many unique

challenges unlike previous generations, such as cyber bullying. For those youth with mental health conditions, life's challenges are even more difficult to overcome.

SET was established to help youth living with the challenges of mental health conditions develop those important life skills needed to succeed in adulthood. Well developed life skills help youth acquire strong and positive peer relationships, thrive in school, and begin to successfully explore mature roles such as employee and community member.

Since 2004, when SET originated, the majority of participants and their family members have seen significant improvements in skill development. Many return the following summer to maintain or advance their skill level. The majority of the participants reach their program objectives with at least an 80% success rate or higher.\*

\*Fraser, Ltd. program data 2004-2018.

Program participants learn, maintain, and advance their skills through hands on activities led by trained staff.

Daily activities are scheduled around skill lessons that focus on social living and independent living skills.

For an example of a weekly schedule of activities and the SET Handbook visit [www.fraserltd.org](http://www.fraserltd.org).



For questions about tuition and how to enroll a youth in the SET program, please contact Fraser Ltd.'s Enrichment Coordinator at 701-232-3301.



Youth spend their summer days with peers learning valuable life skills and having fun!

*"I want to come back to SET next year." (15 year old participant)*

They learn how to cook, budget money, and ride public transportation.

They volunteer at local businesses to gain work skills.

*"I like volunteering. I want to volunteer after SET is over." (13 year old participant)*

They learn coping skills and develop self confidence to advocate their own needs.

*"Over the summer I've learned to accept people." (14 year old participant)*