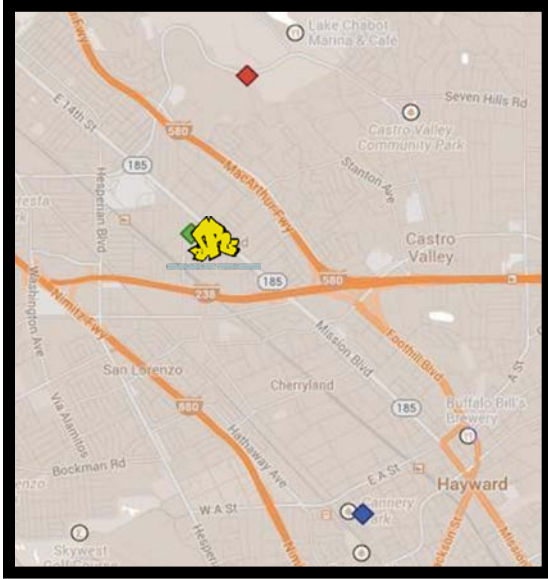


where to find us



REACH Ashland Youth Center

16335 East 14th Street
San Leandro, CA 94578
510-481-4500
www.reachashland.org



REACH ASHLAND YOUTH CENTER

about REACH

We envision a vibrant community in which all youth thrive. When youth thrive, so does our future.

All programs and services are provided for Alameda County **youth ages 11 to 24** and are **free of charge**

REACH is closed on all County holidays.

New to REACH?

Youth must turn in a completed membership application and participate in an orientation to receive a membership to REACH. Please call for days and times for orientations at 510-481-4551.



Winter Session | January 9th – February 24th
2017

everyday at REACH

- Check out the daily program **SHOWCASE** at 5:30pm in The Spot!
- The **computer lab** is open to all members! Come to REACH for education and recreation times in the computer lab this winter.
- The **library** is always open. Free cards with REACH membership. The circulation desk is staffed by the REACH librarian daily: Mon, Tue & Fri 5-7pm and W/Th 4-6pm.
- The **Bite, a Fresh Start Café**, sells healthy food and drinks and is open to the public; opens at 12:30PM.
- **The Nest** early child development center is open Monday – Friday. Call 510-481-4526 for enrollment and hours.

R for Recreation

- The **Lift Gym** is open to all members. **Fitness training, outdoor activity and dance** daily.

E for Education

- Homework help for all ages available daily. Special college, SAT, and science workshop dates TBD.
- **L.E.A.P.** (Leadership, Empowerment, and Academic Pathway) gives members exposure to a variety of programming in a structured setting. Members will learn and become empowered to make their own choices about pathways and work on academic skills such as: reading, writing, and critical thinking. Members will also work on organization, time management, and goal setting through L.E.A.P. Middle schools aged members are encouraged to select the programming that they are interested in and develop a cohort/team that will be scheduled together. Each member will have the opportunity to participate in tutoring in a structured environment. Members will to develop knowledge and skills that will help prepare them for further learning and employability.

A for Arts and Creativity

- Our interactive **Arts workshops** are listed in the program calendar. Space is limited, so sign-up early.

C for Career and Employment

- We offer free weekly **job skill workshops and activities** for REACH members. Youth will develop skills to be successful at their job and can also earn incentives by participating.

H for Health and Wellness

- **Counselors** are always available to talk for drop-in, by referral or scheduled appointments.
- The **Fuente Wellness Clinic** provides **free** medical and dental services, health education, counseling, case management and insurance enrollment. Use the clinic’s private side entrance. Call 510-481-4554

Special/outdoor events

January
 REACH Closed -1/16, 1/27
 Zoo Mobile – 1/18 2-3pm

February
 REACH Closed -2/13, 2/20, 2/24
 Black History Event -2/28 4-7pm All Welcome

**Dates and times are subject to change based on County holidays, school calendar, and staff development days*

Middle School Guidelines

Middle school programs end at 6PM. Middle school aged members must be picked up by 6PM.

Winter Program

**Programs subject to change*

Monday

12-7

12:00—3:00PM
Out of School Youth Resources (drop in services) (Eden)

3:00-6:00PM
Career Assistance

3:30 - 4:00PM
Daily circle & Snack (The Spot)

4:00-5:30pm
Academic Support (Tutoring) (YLC)

4:00-5:30PM
Dancehall (Groove)

4:00—5:30PM
Outdoor Activities

4:00—5:30PM
Visual Arts - Painting, drawing, ceramics, sculpting, mural-making etc. (The Works/all ages)

4:00—6:00PM
Credit Recovery (Eden)

4:00—5:30PM
L.E.A.P (Learning Empowerment Academic Pathways) (YLC) Middle School Aged

6:00-7:00PM
Full Body Workout (The Lift)

6:00—7:00PM
Visual Arts - Painting, drawing, ceramics, sculpting, mural-making etc. (The Works/ HS age and up)

groups

Ever Forward - (Tuesday’s 4-5:30pm) 11-24 year olds

The Ever Forward Club is a rite of passage group for young men of color. EF believes that all young men have a desire to be fully alive; to be loved, respected, held to high expectations, and held accountable for their actions and goals in life. This Club works with young boys and men in middle school and high school to build character, address the underlying causes of the growing achievement gap of inner city youth to transform lives.

Young Women’s Empowerment - (Wednesday’s 3-4pm) 11-15 year olds

Building on a Tree of Life theme, this group is an empowerment group for young women ages 11 to 15 that utilizes art and interactive activities to develop skills and build relationships.

Bridges Grief & Transitions - (Wednesday’s 4-5:30pm) 11-24 year olds

Bridges is a grief support group for members who feel grief and experience transition in their lives whether it’s the exploration of death, moving, loss of a pet, family transitions (divorce, incarceration of a relative), health concerns, community violence or coping with today’s social problems. Bridges supports members through interactive activities including the creation of collages, having members define what grief means to them, writing letters to loved ones and other ways of expressing ourselves.

Music Is My Sanctuary- (Friday’s 4-5:30pm) 15-24 year olds

Music Is My Sanctuary (MIMS) is a therapeutically-based group that explores the influences and impact music has had as an art form to identify with and express ourselves within our communities, our families, and beyond to address personal and social concerns. In MIMS, youth learn emotional regulation, coping, resilience, and healthy forms of emotional expression through song lyric analysis, group discussions, and viewing of various videos. Group members also explore how music can amplify self-esteem, reduce conflicts, create pro-social behaviors and connections, and reduce negative thinking.

Tuesday

12-8

12:00—3:00PM
Out of School Youth Resources (drop in services) (Eden)

3:00-6:00PM
Career Assistance

3:00-7:00PM
Recording 1
By appointment Only (Studio A)

3:30 - 4:00PM
Daily circle & Snack (The Spot)

4:00-5:30pm
Academic Support/ (YLC) (Tutoring)

4:00—5:30PM
Modern Dance (Groove/all ages)

4:00-5:30pm
Outdoor Activities

4:00—5:30PM
Digital Arts
 Digital collage & illustration, graphic design using Photoshop & Adobe Illustrator. (The Media Center/All ages)

4:00PM—5:15PM
Explore Your Mind (The Game Room)

4:00-5:30PM
SAT Prep (Eden Room)

6:00-7:00PM
Circuit Training (The Lift)

4:00—5:30PM
L.E.A.P (Learning Empowerment Academic Pathways) (YLC) Middle School Aged

6:00—7:30PM
Digital Arts (Media Center/15 and up)

7:00-8:00PM
Weight Training (The Lift)

Wednesday

12-6

12:00—1:00PM
Out of School Resources (Eden) **(drop in services)**

1:30 - 2:00PM
Daily circle & Snack (The Spot/all ages)

1:30—3:00PM
Outdoor Activities

1:30 -3:00PM
Hip Hop Dance (The Groove)

1:30—3:00PM
Textile Arts (The Works/all ages)

3:00-6:00PM
Career Assistance

4:00—5:30PM
Credit Recovery (Eden Room)

4:00PM—5:30PM
Textile Arts (The Works- Ages 15 and up)

4:00—5:30PM
Calisthenics (The Lift)

4:00-5:30PM
Dancehall (Groove)

4:00-5:30pm
Academic Support/ (YLC) (Tutoring)

4:00—5:30PM
L.E.A.P (Learning Empowerment Academic Pathways) (YLC) Middle School Aged

Winter Session January 9th- February 24th

Thursday

12-8

12:00—3:00PM
Out of School Youth Resources (drop in services) (Eden)

3:00-5:00PM
Recording 2
By appointment Only (Studio A)

3:00-6:00PM
Career Assistance

3:30 - 4:00PM
Daily circle & Snack (The Spot)

4:00-5:30pm
Academic Support (YLC) (Tutoring)

4:00—5:30PM
L.E.A.P (Learning Empowerment Academic Pathways) (YLC) Middle School Aged

4:00—5:30PM
Modern Dance (Groove/all ages)

4:00-5:30pm
Outdoor Activities

4:00—5:30PM
Digital Music– (The Media Center/all ages)

4:00-5:30pm
Nutrition Class/Cooking (Ashland)

4:30-5:30PM
SAT Prep (Eden Room)

6:00—7:30PM
Digital Music– Digital music workshop will guide students in the creation of their own musical creations using the software GarageBand & Reason. (The Media Center/ ages 15 and up)

6:00-7:00PM
Circuit Training (The Lift)

7:00-8:00PM
Weight Training (The Lift)

Friday

12-7

12:00—3:00PM
Out of School Youth Resources (drop in services) (Eden)

3:30 - 4:00PM
Daily circle & Snack (The Spot)

4:00-5:30pm
Academic Support/ (YLC) (Tutoring)

4:00—5:30PM
Dancehall (The Groove/all ages)

4:00-5:30PM
Outdoor Activities

4:00—5:30PM
Nutrition/Cooking Class (The Game Room)

4:00—5:30PM
L.E.A.P (Learning Empowerment Academic Pathways) (YLC) Middle School Aged

4:00-5:30pm
Ceramics (The Works)

6:00PM—7:00PM
Full Body Workout (The LIFT/all ages)

*Every 3rd Friday
 4:00-6:00pm
Film Club (Ashland)