

YMCA Youth Alliance

Empowering youth through leadership.



YMCA

We build strong kids,
strong families, strong communities.

Santa Anita Family YMCA 501 S. Mountain Avenue, Monrovia CA 91016

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Program Overview

The YMCA Youth Alliance is a comprehensive personal development program for *At-Risk* Middle School and High School students. The program is designed to develop the tools and behavior required for teens to fulfill their dreams.

At enrollment, each Youth Alliance participant creates a plan that will assist them in reaching their goals. These Development Plans are created with the help and guidance of the participant's parent(s), YMCA staff, school counselors and advisors, behavioral specialists, and church pastors.

Each Development Plan has three categories; Spiritual, Mental and Physical and starts with identifying the strengths and interests of the youth. Goals are then established and obstacles to the goals are identified. The youth is then connected with the people and resources that will help him/her overcome obstacles and reach their goals. Some participants need help managing their anger, so part of their plan would include attending anger management classes. Others may need help in earning better grades in school, so a tutor is assigned to the child.

Youth meet with YMCA staff on a weekly basis to check progress and adherence to the plan. Plans are adjusted and updated when needed.

Program Options

The YMCA Youth Alliance is made up of many interconnected pieces that all work together to support the participant in their journey. Here are the different program options:

Youth Alliance meetings

Friday 6:00p-10:30p

at the YMCA

Activities included a family-style dinner, small group discussions, time with a mentor, fitness activities and seminars. Transportation to and from the participant's home is included.

Tutoring

Tuesday/Thursday 3:15p-5:00p

at School

Wednesday 6:00p-8:00p

at the YMCA

The main focus of tutoring is to build the skills and behaviors needed for a positive academic experience. This includes assistance with projects, study skills and time management as well as homework. Snacks are provided.

Bible Study

Tuesday 6:00p-8:00p

at the YMCA

Exploring and strengthening faith is essential to participant success. Bibles stories, scripture discussion and application of faith to real life experiences are all part of this option. Snacks are provided.

Leadership Conferences

One weekend each month

at the YMCA

Speakers from a variety of backgrounds share their experiences with program participants. Topics range from developing interpersonal skills, and job seeking skills to personal motivation to fitness and nutrition. Meals and transportation are provided.

Teen support talk line

24 hours a-day, 7 days a-week

at the YMCA

Sometimes participants need a little guidance and support outside of "regular hours". Program participants have access to a support talk line that is answered 24 hours a day by a caring YMCA staff member.

Outreach and Support

Various day and times

YMCA staff are present on school campuses, in parks and in neighborhoods reaching out and creating relationships with teens. YMCA staff serve as an advocate and a "booster" by attending important events in the participants' life, like a soccer game, school dance or graduation. Staff visit participants at home and share their progress with parent and family members.

Program Fees

This program is offered at no cost to all participants.

For more information contact Ulises Gutierrez at ugutierrez@safymca.org or (626) 359-9244.

