

Our Mission

*We start as a group,
and end as a family!*

- **To interrupt the production pattern of trauma fueled youth into trauma fueled young adults.**
- **To provide a safe place where awareness and healing can begin.**
- **To introduce youth ages 6-13 to language of trauma and mental health while using restorative practices.**



Schedule

Groups will meet one day a week on any of these days or times:

June-August

Mon/Wed: 12-3pm
Tues/Thur: 3-5pm

September-May

Mon-Thur: 4-6pm

Community Youth Worker Contact Information

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Together we are the



*City of Saint Paul
Community First Public Safety Initiative*



Two program offerings:



Able & Willing to Access Knowledge to Exceed
(for ages 6-9)



Working On Knowledge & Self Elevation
(for ages 10-13)

Activities



Team Building

Activities designed to bond the group and teach self and community trust.



Physical Activity

Activities that will introduce and emphasize the importance of physical health.



Mental Health

No evaluations, just conversations. A basic introduction to the language of trauma and mental health that youth may experience but not understand.



Group Discussion

Group topics that are largely driven by the youth themselves and supported with themes including, **self esteem, self confidence, self awareness, self control, accountability and self reliance.**



- Leadership
- Teamwork
- Empowerment

- Work Readiness
- Mentorship
- Find A Job



- Hope
- Who Am I?
- Self Esteem
- I Am Somebody

- Goals
- Accountability
- Mental Health
- Empathy

Awakening

