



PROJECT AWARE



Bristol Youth Services facilitates and sponsors specialized programs through a grant program called PROJECT AWARE. Bristol Youth Services proudly sponsors and supports the following programs:

Agency

Bristol Youth Services

Program

- “ A Child’s Choice” – Scholarship Fund
 - Bananas Split, Too!
 - Climbing Group
 - Dancing Stars
 - Let it Begin with Me
 - Lunch Buddies
 - Middle School Anti-Bullying and Teen Dating Violence Group
 - Cooperative Intern Work Program (Paul Vivian Internship)
 - Peer Education
 - Skills to Pay the Bills
 - Teen Empowerment Group
 - Young Women’s Issues Group
West Woods Academy
 - Young Men’s Issues Group
West Woods Academy
-

BANANAS SPLIT, TOO!

Offered by:

Bristol Youth Services

WHO:

Bristol youth

Ages 5 ½ - 7 years old

8 – 10 years old

11 - 13 years old

WHEN:

October 2011 – June 2012

WHERE:

Bristol Youth Services

TO REGISTER:

Contact Alyson Phelan

Bristol Youth Services

(860) 314-4690

CLIMBING PROGRAM

Offered by:

Bristol Youth Services

WHO

Students 11 ½ – 14 years old

WHERE

Pine Lake Challenge Course,
Community Parks, area hiking
trails, and indoor and outdoor
climbing sites.

FOR MORE

INFORMATION:

Contact:

Michael Caouette

Bristol Youth Services

(860) 314-4690

Banana Splits, TOO! is an educational support group designed to help children and families understand their feelings about divorce or changes that have occurred within the family structure. The group provides a safe environment that allows each child to feel comfortable to share openly and express their fears without negativity. Through the use of age appropriate materials and activities, children and families will be able to ask questions and gain the support they need. Participants gain an increased sense of self worth, empowerment, appropriate actions and reactions to feelings, communication and why children do not always live with both biological parents. Specific issues are dealt with depending on the need of the group. Common topics of interest are blended families, visitation, parents dating and custody issues.



The Climbing Program is designed to increase positive interactions between youth and adults. The program aims to provide productive and exhilarating use of weekend and holiday time. Through engaging youth in hands-on activities that result in a tangible product or accomplishments, participants will build their self esteem, confidence and leadership skills. Workshops encompass adventure based activities, relationship and trust building activities and diversity dialogues. Enabling youth through these type of activities increases their social skills, tolerance and problem solving skills. Climbing skills are taught by skilled climbing instructors who serve as mentors, tutors and advocates.

DANCING STARS

*Offered by
Bristol Youth Services*

WHO:

Female
4th & 5th grade students
O'Connell & Stafford
(Students from other elementary
schools will be considered)

WHEN:

October 2011 – May 2012
Friday evenings
4:00 p.m.-5:30 p.m.

WHERE:

Dance Arts Studio
Forestville, CT

FOR MORE INFORMATION:

Contact:
Kristin Gienty
Bristol Youth Services
(860) 314-4690

LUNCH BUDDIES

*Offered by
Bristol Youth Services*

WHO:

First grade students
8 – 10 students

WHEN:

Lunch time once per week
October 2011 – May 2012

WHERE:

Stafford Elementary

TO REGISTER:

Contact School Psychologist

FOR MORE INFORMATION:

Michael Coquette or
Jodi Cordova
Bristol Youth Services
(860) 314-4690

Dancing Star provides an opportunity for the participants to bond with positive female role models through weekly dance instruction. Members will learn various ethnic dance routines and will collaborate on costume creation, music selection and choreograph dance themes. *Dancing Stars* creates a safe environment and allows members time to discuss personal issues and provide support and feedback and teach problem solving to each other. The members enhance their self-esteem, accountability for personal choices and acceptance for situations they can and cannot control. *Dancing Stars* allows the members to form a connection with caring positive role models for future mentoring. The group also encourages healthy self-care to include nutrition and stress management.



Lunch Buddies is a social skills group for first grade students at Stafford Elementary School. The group allows students the opportunity to make friends, gain self-confidence and have fun. The group will meet once a week during lunch and recess.

The social skills emphasized are good manners, expressing feelings appropriately, teamwork, patience, kindness, and honesty. In addition, group members will practice “turn-taking skills”, verbal and listening skills, problem solving skills and developing empathy towards each other’s feelings and interests. These skills will enable them to initiate and maintain positive relationships with their peers. The children will grow in their capacity to communicate, discuss, negotiate, take turns and cooperate with each other. An overall improvement in their peer relationships can have the added benefit of improving their ability to concentrate in the classroom.



LET IT BEGIN WITH ME

Offered by:
Bristol Youth Services

WHO

High school students

WHEN

November 2011 – June 2012

WHERE

Bristol Boys & Girls Club
(unit to be determined)

FOR MORE INFORMATION:

Contact:
Stephen Bynum or
Alyson Phelan
Bristol Youth Services
(860) 314-4690

ANTI-BULLYING AND TEEN DATING VIOLENCE

Offered by:
Bristol Youth Services

WHO

Middle School Females

WHEN

November 2011 – June 2012

WHERE

Memorial Boulevard Middle
School

FOR MORE INFORMATION:

Contact:
Alyson Phelan
Bristol Youth Services
(860) 314-4690

Let it Begin with Me is a weekly support group for middle school age teens that are dealing with family substance abuse issues. The group will offer social and emotional support to students, reducing their isolation and increasing their ability to focus on their education. The group will be challenged to develop trust, brainstorm ideas, and communicate effectively and value each member's beliefs. Field Learning Experiences will assist members with working on personal goals, self esteem, communication and feeling supported. Participants will receive a high level of support from the program co-facilitators who will focus on modeling empathy and positive interactions while they work to empower members to evaluate options, make healthy choices, and develop coping strategies to deal with day-to-day stress and periods of crisis. Participants will gain the knowledge and skills to reduce their exposure to risky and/or abusive behavior and will become familiar with community resources and how to access them.



The overarching goal of this positive youth development and mental health program is to enable schools to build the capacity to address bullying, and teen dating violence; by both promoting a positive climate and direct service to address the needs of a bully and their victims. The facilitators will explain the relationship between bullying, school climate and student outcomes and address underlying socio-emotional contributions to bullying behavior. The program will provide students a safe environment to share their questions or concerns on topics and teach appropriate and effective verbal and nonverbal communication skills as a means of promoting positive and healthy relationships. The program's goal is to increase a caring school climate by working with a group of students to develop a positive atmosphere, empathy, and social responsibility. It will also encourage the participants to serve as role models for their peers at school and in the community.

COOPERATIVE INTERNSHIP WORK PROGRAM

Offered by:
Bristol Youth Services

WHO:
Students 14-17 years of age

WHEN:
School year
October 2011 – June 2012

TO REGISTER:
Contact:
Jodi Cordova
Bristol Youth Services
(860) 314-4690

PEER EDUCATION

Offered by:
Bristol Youth Services

WHO:
High School Students

WHEN:
Mondays, 5:00 p.m-7:00 p.m.
October 2011 to May 2012

WHERE:
Bristol Youth Services

TO REGISTER:
Contact: Stephen Bynum or
Alyson Phelan
Bristol Youth Services
(860) 314-4690

The Cooperative Internship Work Program is designed to provide a meaningful work experience for youth at risk of dropping out of school. Young people are placed at jobs with nonprofit organizations or small businesses that offer a supportive work environment. The primary goal is for students to realize the correlation between completing school and securing meaningful employment. Secondly, the participants will increase their feelings of self-worth and value the contribution they make to society. The Cooperative Internship Work Program is a unique youth employment program that is managed by a youth serving agency that carefully selects nurturing job coach supervisors and offers ongoing support to youth employees and their employers. Students benefit from the program by cultivating a positive and nurturing relationship with an adult/mentor. Students will develop a greater sense of responsibility and a positive work ethic; learn to get along with authority figures and co-workers; increase their sense of self worth and competency; and gain experience in managing personal finances.



The goal of the Peer Education Program is to utilize the teen communication network by infusing it with accurate information through the use of trained peer educators. Students from all Bristol high schools are invited to register and participate in the program. Selected students participate in an eight month, 60-hour training program that covers all aspects of adolescent life and development. Peer Educators-in-training are provided with accurate information on a wide range of teenage issues and qualified referral services. Peer Educators accept the responsibility to use their voice or written materials to share with their peers and provide them with correct information and referral sources. These contacts occur in a variety of settings including one-to-one encounters, informal group discussions, and formal group classroom presentations. Staff provide regular monitoring, coaching and support for the Peer Educators. Regularly scheduled school-based meetings allow for both Peer Educators-in-training and trained Peer Educators to drop-in for support or plan for school and community service projects.

YOUNG MEN'S ISSUES GROUP

*Offered by
Bristol Youth Services*

WHO:
High School Males

WHEN:
October 2011 – May 2012

WHERE:
West Woods Academy at
(Bristol Eastern High School)

FOR MORE INFORMATION:
Stephen Bynum
Bristol Youth Services
(860) 314-4690

The Young Men's Issues Group will meet weekly to provide high school males with a supportive, safe place to deal with the issues surrounding adolescence. The group will be guided through a process of determining priorities, purpose and direction. Members will identify topics of interest for discussion and presentations. Each participant will also assume the role as a group facilitator and, with the support of staff, will independently provide support and encouragement to group members. This will promote trust and confidence in the group and will also teach members appropriate ways to express their feelings about certain issues. Members of the group are encouraged to use the group for resolving conflicts, support, and as an opportunity to work on expressing their feelings in a socially appropriate way.



YOUNG WOMEN'S ISSUES GROUP

*Offered by
Bristol Youth Services,*

WHO:
9-12 Female Students

WHEN:
October 2011 – May 2012

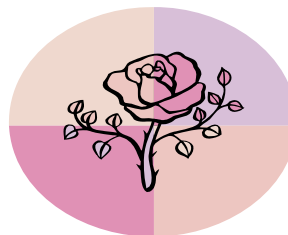
WHERE:
West Woods Academy at
(Bristol Eastern High School)

FOR MORE INFORMATION:
Contact:
Alyson Phelan
Bristol Youth Services
(860) 314-4690

Young Women's Issues Group is designed to engage group members around issues related to physical and emotional health and well being. The group will provide members with accurate information and assist them in developing problem solving and healthy coping skills.

Members will set group and personal goals and work towards achieving them using the group process for support, encouragement and accountability. The group will meet weekly and will explore the following topics:

- Dating and domestic violence;
- Substance abuse;
- Human sexuality;
- Peer pressure; and
- Personal empowerment.



TEEN EMPOWERMENT GROUP FOR GIRLS

*Offered by:
Bristol Youth Services*

WHO

High school females

WHERE

Bristol Eastern High School

FOR MORE INFORMATION:

Contact:
Alyson Phelan
Bristol Youth Services
(860) 314-4690

SKILLS TO PAY THE BILLS

*Offered by:
Bristol Youth Services*

WHO

Females 9th and 10th grades

WHERE

Bristol Youth Services

FOR MORE INFORMATION:

Contact:
Alyson Phelan
Bristol Youth Services
(860) 314-4690

Teen Empowerment Group is a support group for high school females recognizing their strengths and supporting them to achieve their goals. The group will educate and empower females who may be considered at risk for dropping out of school, substance abuse, teen pregnancy, running away, and/or interpersonal violence. The focus of the group will be on education and counseling around relevant issues such as body image, healthy boundaries, choices, healthy versus unhealthy relationships, eating disorders, self esteem, anger management, gender, media and interpersonal violence i.e.(sexual, physical or emotional abuse issues) and sexting. The facilitators will incorporate visual and tactile aids to engage all styles of learning. Participants will be provided opportunities and encouraged to enhance their own personal growth through service learning.



Skills to Pay the Bills will provide young women the opportunity to explore self sufficiency and self care on a variety of levels. The group will provide young women the opportunity to address their personal issues in a safe and caring environment. The purpose of the group is to assist the young women in obtaining accurate information, increase resiliency skills and encourage positive life choices through education and the arts, and introduce life skills and financial management through field learning. The group encourages members to think about life after high school and the skills and resources required to live independently, including securing a job, renting an apartment, opening a bank account, budgeting and paying bills. The group will also explore aspects of creating a physically and emotionally healthy lifestyle including nutrition, substance use, risky sexual behavior and negative relationships. Through the group process, members are encouraged to set personal goals and develop copings skills to help achieve them.

AWARDS
Sponsored by Bristol Youth Services

Personal Achievement Award
Monahan Award
Reiche Award
Youth Volunteer Recognition Award

