



The Skillman Foundation Presents

YAKTIVITIES FOR HELPING KIDS

YMCA of Metropolitan Detroit

Working to Strengthen Kids, Families and the Community

The purpose of the YMCA of Metropolitan Detroit is to build strong kids, strong families and strong communities.

As part of a worldwide movement promoting health and individual well-being, YMCA members seek to build strong communities through active, engaged lifestyles.

With a focus on providing resources for families, the YMCA community welcomes new members, encouraging them to enrich their spirit, their minds and their bodies.

Through its programs and membership, the YMCA is committed to empowering youth.

One such program is the Metro Youth Collaborative. The goal of this initiative is to provide ways to empower young people and their families. It also strengthens the community by preparing teens and pre-teens for their future careers, college and life.

Program Core Elements

A variety of programs have been created by the Metro Youth Collaborative to deal with the challenges faced by young people of different ages and backgrounds.

Key to the success of every program are core principles and approaches designed to strengthen youth and prepare them for success. These include:

- Exposure to positive adult role models;
- Opportunities to build positive friendships;
- Opportunities to plan and lead activities and efforts in the community;
- Opportunities to hear and offer different points of view;
- Involvement of parents to increase their capacity for self-development and family development; and
- Goal- and team-based activities that foster learning and enhance creative, critical thinking.

Effective Programs

Two such programs designed to help teens and pre-teens are:



Magic in the Middle —

This upbeat program for girls in Grades 5-8 is a year-round middle school project that equips girls who are 10-13 with the skills and experience that are necessary for personal and professional success. It seeks to ensure that girls remain confident and goal-oriented during the middle-development years. Magic in the Middle introduces girls to peer and adult female mentors to help them envision a positive future. This, the YMCA says, “is a place where girls make dreams real.”

The Magic in the Middle program begins Wednesday, February 4, from 5:30 p.m. to 7:30 p.m. Registration is going on now.



Sessions will be held every Wednesday night at The Family Place, 8726 Woodward, Detroit 48202. For more information or to receive a registration form, call 313-267-5300, ext. 336

Y Moves (Young Men of Vision and Excellent Service) — Created for boys 10-13 in Grades 5-8, this engaging program is

a male mentoring/development program that seeks to foster community connections and leadership. The program seeks to ensure that teen and pre-teen boys learn leadership skills, have career exposure, take field trips, learn social etiquette and enjoy fun sessions. This program, MYC declares, “is a young man’s journey from good to great!”

The Y Moves journey begins this evening, January 29, from 6 p.m. to 8 p.m. at the Matrix Center, 13560 E. McNichols, Detroit 48205. Registration is still taking place. For more information or to receive a registration form, call 313-267-5300, ext. 336.

To learn more about YMCA of Metropolitan Detroit visit www.ymcadetroit.org

THINK ABOUT WHAT KIDS NEED

Through programs like Magic in the Middle, Y Moves, Countdown to Success, Y Work Ready and the Future Professions Academy, the YMCA of Metropolitan Detroit seeks to help teens and pre-teens get the support they need to be successful in school, careers and life. With family and friends, talk about things that boys and girls in Grades 5-8 need to set themselves up for future success. What things could adults in the community provide by being volunteers, mentors, coaches or tutors? What things could teens or pre-teens offer each other through peer support, counseling or cooperation? Think up five ideas for programs that would help boys and girls in Grades 5-8 in your neighborhood. Then think of ways the community could work together to put those ideas into action. Share your ideas with the YMCA and see if there are ways the Y and community groups could work together.