

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Movement: Neighborhood Walk	3 Drop In: Study Lounge	4 Lifeskills: Map Skills / Geocaching	5 Drop In: Study Lounge	6 No Teen Programming
9 Internet Mythbusters: Multitasking/Memory Hacks	10 Drop In: Study Lounge	11 Shark Tank: "Fix It" – Community Problems	12 Drop In: Study Lounge	13 SBUSD Closure <u>Galentines Drop In Day</u> <u>8:30-4:30 PM</u> (click to register)
16 CLOSED in observance of Presidents Day	17 Drop In: Study Lounge	18 Game Afternoon: Advocacy Jeopardy	19 Drop In: Study Lounge	20 <u>SheLeads: AMR EMTs</u>
23 Cooking: Recipe Challenge pt. 2	24 Drop In: Study Lounge	25 No Teen Programming	26 Drop In: Study Lounge	27 No Teen Programming

NARRATIVE:

Mondays: SMART & Strong: Creativity, Movement & Exploration

These sessions are intended to develop creativity in teens, building a healthy relationship to movement and learning. These sessions will focus on the process of learning via exploration instead placing value only on the outcome.

Tuesdays & Thursdays: Study Lounge

Offered in response to Teen Center teens sharing with us that they are often struggling to keep up with homework demands and find themselves having a hard time staying focused at school. This space is designed to create an environment for teens to have focused time for homework and academics amongst peers.

Wednesdays– Bold: Leadership, Advocacy & Independence

These sessions are intended to support teens in building confidence and developing the skills that are necessary to support their current lives and future goals. They are also intended to provide them with exposure to inspirational women (present & historical), volunteer and advocacy opportunities, potential careers, colleges and pathways for their futures.

Fridays: SheLeads & more

On these days we will offer once monthly SheLeads sessions ([Check our website to learn more and register!](#)), and occasional additional sessions that are centered around community building.

CONCEPT:

MONDAYS- SMART & Strong: Creativity, Movement & Exploration

These sessions are intended to foster teens in developing their creativity, building a healthy relationship to movement and learning to value the process of learning via exploration instead placing value only on the outcome.

Focus Area	Purpose	Examples
Creativty	Teens will develop their personal artisticks skills via exploration of various mediums and art styles	Mixed Media, Digital arts, Collage, Fiber Arts and Dyeing
Movement	Teens will build a healthy habits around and relationship to movement. They will be offered the opportunity to work as a team and find personal joy and/or restoration via physical activity	Hiking, Sports, Walks, Yoga
Exploration	Teens will learn via hands on and engaging experiences that teach them to ask questions throughout the process of creating and exploring. Teens will be encouraged to value the process of creativity instead of placing so much value on the product.	Open ended art projects, recipe creation & experimentation, mindfulness / art therapy

CONCEPT:

WEDNESDAYS- Bold: Leadership, Advocacy & Independence

These sessions are intended to support teens in building confidence and developing the skills that are necessary to support their current lives and future goals. They are also intended to provide them with exposure to inspirational women (present & historical), volunteer and advocacy opportunities, potential careers, colleges and pathways for their futures.

Focus Area	Purpose	Examples
Leadership	Teens will build leadership skills through community service and college & career exploration. They will be encouraged to explore the impacts that they can make when being engaged with their communities and learn to take pride in being a role model.	Volunteering, College & Career tours, Public Speaking
Independence	Teens will develop independance through building basic life skills, self exploration, practcing social and social emotional skills and problem solving.	Cooking, Communication styles, Career exploration, Budgeting and Marketplaces
Advocacy	Centering the voices of the teens we serve, teens will particpate in and learn about local government structures, civic engagement, and historical and current social movements. They will be encouraged to speak up, take up space and share their thoughts, perspctives and experiences in order help build a world where all girls have the tools and resources they need to grow and flourish.	Teen Centered and lead projects, Lessons on social justice movements and their leaders, Group discussion and scenarios that explore personal values and build tolerance and respect.