

***Wednesdays - Little Buddies:** Our members visit the local head-start program to mentor their youth from 3:30pm-4:30pm.

***Thursdays - Elders Assistance:** We travel to the homes of elders in the community to help assist them with household chores from 4:30pm-5:30pm.

***Fridays– Yurok Language:** Language classes are held from 4:30pm-5:30pm

***Family Dinner Night - Every 3rd Wednesday of the Month at 5:30pm:** Join us for dinner where staff, members, and family come together to share a delicious meal provided by the Boys & Girls Club of the Redwoods. Come meet our staff and support our members.

Hours of Operation:

Monday—Friday

4:00pm-7:00pm



Our Mission:

We empower youth to reach their full potential as responsible, caring and productive citizens through professionally led programs and activities that are fun, positive and relevant in a safe, supportive and healthy environment.



BOYS & GIRLS CLUB
OF THE REDWOODS



Klamath

Teen Center
(6th -12th Grades)



168 Klamath Blvd.

Klamath Ca 95548

(707)482-0993

Harold Jones –Unit Director

hjones@bgcredwoods.org



	Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:30	Snack/Check In/Mentoring	Snack/Check In/Mentoring	Snack/Check In/Mentoring	Snack/Check In/Mentoring	Snack/Check In/Mentoring
4:30-5:00	Power Hour	Power Hour	Power Hour	Power Hour	Yurok Language
5:00-5:30	Passport To Manhood	S.M.A.R.T Girls	Keystone	S.M.A.R.T Moves	On Spot Fun
5:30-6:30	Rez it up	Bead it up	Nutrition Club	Elders Assistance	Outdoor/Indoor Team Building
6:30-7:00	Clean & Close Up	Clean & Close Up	Clean & Close Up	Clean & Close Up	Clean & Close Up

Power Hour- Allows for an hour of quiet time for the members to focus on their homework, study for tests, and practice their knowledge.

Keystone- The ultimate teen program. A character and leadership development program designed for young people ages 14-18. There are four focus areas: community service, academic success, career preparation and teen outreach.

S.M.A.R.T Girls- Helping girls with critical knowledge and skills in the areas of physical health and wellness, mental health and self-esteem and relationships.

Passport To Manhood- Represents a targeted effort to engage young men in discussions activities, that reinforce positive behavior

Bead It Up- Will teach youth to clean & prepare shells/nuts, etc... for dance regalia. Teach Peyote stitch, loom beading, appropriate for ages.

Rez it Up- We discuss Yurok cultural traditions, beliefs, and ideologies with guest speakers and cultural lessons.

Mentoring- This is an opportunity for members to focus on goal setting, character building, and to think about the future.

Triple Play- Designed to incorporate healthy habits, emphasizes good nutrition, physical activity and improving overall well-being.

Nutrition Club- Teaches our members kitchen skills, how to prepare healthy meals with a tight budget, portion sizes and food label reading skills.

S.M.A.R.T Moves- A small-group for girls focusing on: health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups.

