

## Our Mission

### Great Futures Start Here

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.

Our membership fee for the summer is \$25 for existing members and \$50 to new members. Talk to Adrian about payments and other fee options.

Our lunch program is provided by the Food Bank. We will also be providing a breakfast meal at 11am provided by Eureka City Schools. We are only able to distribute one sack lunch per child per day. We will also provide second snack in the evening. If your child feels that the lunch and snack is not enough please pack them an extra healthy snack.

The Clubhouse is staffed with well trained, youth development professionals that understand the issues and needs of children in today's complex society. Please stop by, meet the staff, and take a tour anytime during our open hours. Parents are always welcomed and encouraged to drop in and participate in activities with their children.



**CalFresh AKA Food Stamps  
Did you know you could sign  
up for the CalFresh program  
here at the Clubhouse?  
Talk to Laurena Matava  
442-9142**

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**Great Futures Start Here!**



## The Boys & Girls Club of the Redwoods


### Clubhouse 2017



**Summer Hours:  
June 26th-Aug 18th  
M-F 11-5:00pm  
Free Lunch 1:00-2:00  
Family Night- The last Thursday the  
month 5-6:30pm**



Adrian Pichardo - Clubhouse Unit Director  
3117 Prospect Ave. Eureka, CA  
(707) 442-9142

BE GREAT! 	Monday	Tuesday No Tech Day!	Wednesday H2O Day!	Thursday	Friday
11:00-12:00 <i>11:00-12:00 Brunch</i>	SMART Girls & Triple Play	Torch Club	Passport To Manhood	Girls Scout & Garden Club	Boys Scout
12:00-1:00	SMART Moves (10-12) Mentoring & Gardening	SMART Moves (6-9) & Mentoring	Water Sports & Mentoring	Nutrition Club & Mentoring	Reading Club Mentoring & Park fFn
1:00-2:00	Lunch	Lunch	Lunch	Lunch	Lunch
2:00-4:15	Brain Gain & Park Fun	Brain Gain	Brain Gain & Triple Play	Brain Gain	Brain Gain & Outdoor Games
4:15-4:30	Second Snack	Second Snack	Second Snack	Second Snack	Second Snack
4:30-5:00 Walkers at 5	Job Time	Job Time	Job Time	Job Time	Job Time

**Nutrition Club** Teaches our members kitchen skills. Youth learn how to prepare healthy meals on a tight budget, portion sizes and food label reading skills. We partner with the CalFresh program.

The **SMART (Skills Mastery and Resistance Training) Moves-** Program is a nationally acclaimed prevention program. Members will be exposed to various activities designed to hone their decision-making and critical-thinking skills, as well as learn how to avoid and/or resist alcohol, tobacco, other drugs and premature sexual activity.

**Brain Gain** -Youth engage in a process of learning through discovery, creative expression and literature.

**Passport to Manhood-** Promotes and teaches responsibility in Club boys .

**SMART Girls-** Is a health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls.