



# YOUTH CLASSES

Fall 2010

Handicap Accessible Facilities

## Girls Circle

Cost: \$180 plus \$35 assessment

Girls Circle is a model of structured support for girls from 9-18 years. It is designed to:

- Build self esteem
- Connection with peers
- Counter trends of self doubt
- Self expression through verbal sharing & creative activities

When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and encourages them to express themselves more fully. By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interest, and talents.

**Rifle 625-3141**  
**Dates Starting Oct 18th (Mondays) for 10 weeks**  
**Time 4:00 – 6:00 p.m.**  
**Location YouthZone Office, 136 East 12<sup>th</sup> Street**

## Boys Council

Cost: \$180 plus \$35 assessment  
 Locations and times vary.

Discussion-based peer group for boys age 10-17.

- Focus on challenges unique to boys
- Build real relationships based on trust & integrity
- Participate in conflict resolution activities
- Gain skills and knowledge to express feelings

Offers pre-teen boys and adolescent young men a solid pathway toward healthy masculine identity development, recognizing boys' strengths and capacities, challenging stereotypes, questioning unsafe attitudes about masculinity, and encouraging solidarity through personal and collective responsibility.

If you would like to bring these classes to your group or school, call us at 970-945-9300 for more information.

## Substance Abuse Prevention Class

Cost: \$180 plus \$35 assessment

Comprehensive instruction for young people (12-17 years).

Course curriculum includes:

- Use, Abuse and Addiction
- Life Goals and Decision Making
- Hands-on Activities and Projects
- Personal Accounts and Speakers
- Accidents Under the Influence
- Teen Focused Group Discussions

Attendance is required for ALL sessions to receive certificate of completion.

**Rifle 625-3141**  
**Dates #1 Starting September 22 (Wednesdays) For 6 weeks**  
**Dates #2 Starting November 10 (Wednesdays) For 6 weeks**  
**Time 4:00 – 6:00 p.m.**  
**Location YouthZone Office, 136 East 12<sup>th</sup> Street**

## Carbondale 945-9300

**Dates (Sep 21 – Oct 27)**

1. Intake assessment by YZ, call for appointment.
2. Tues, Sept. 21 7:30-9 PM at Valley View Hospital: YRC AA/NA meeting & discussion
3. Wed, Sept 22 4:30-6 PM 3rd Street Center, C'dale
4. Wed, Sept 29 4:30-6 PM 3<sup>rd</sup> Street Center, C'dale
5. Wed, Oct 6 4:30-6 PM 3<sup>rd</sup> Street Center, C'dale
6. Wed, Oct 13 4:30-6 PM 3<sup>rd</sup> Street Center, C'dale
7. Tues, Oct 19 7:30-9 PM Valley View Hospital YRC AA/NA Meeting and Discussion
8. Wed, Oct 27 4:30-6 PM, 3<sup>rd</sup> Street Center, C'dale