

# YOUTH RESILIENCY CENTER MONTH : DECEMBER

**MON**

**TUE**

**WED**

**THU**

**FRI**

**6** 3:30-4:30 pm: Tennis  
5-6 pm:  
Chess  
Sign Language  
Gingerbread Man  
Decorating

3:30-4:30 pm: Tennis  
5-6 pm:  
Book Binding  
Self Exploration  
SOS Resources

**13** Center Closed  
10-6 pm:  
Holiday Store  
RSVP

5-6 pm:  
Book Binding  
Self Exploration  
Teach Me You

**20** 5-6 pm:  
Chess  
Sign Language  
Book Club

5-6 pm:  
Book Binding  
Self Exploration  
SOS Resources

**27** 5-6 pm:  
Chess  
Croc Decorating  
French 101

5-6 pm:  
Book Binding  
Self Exploration  
Teach Me You

**1** 5-6 pm:  
Open Art  
Gym with Freddie  
Games Unplugged

**8** 3-5 pm: E.O.C  
5-6 pm:  
Open Art  
Gym with Freddie  
Mindfulness

**15** 5-6 pm:  
Open Art  
Gym with Freddie  
Gingerbread House  
Decorating

**22** 5-6 pm:  
Open Art  
Gym with Freddie  
Mindfulness

**29** 5-6 pm:  
Open Art  
Gym with Freddie  
Games Unplugged

5-6 pm:  
Switch  
Teach Me You  
SingOUT KC

3-4 pm: Martial Arts  
5-6 pm:  
Cooking  
Teach Me You  
SingOUT KC

3-4 pm: Martial Arts  
5-6 pm:  
Cooking  
Air Dry Clay  
Teach Me You

Center Closed

3-4 pm: Martial Arts  
5-6 pm:  
Cooking  
Teach Me You  
YRC Feedback

**3** 3:30-4:30 pm:  
Batter Splatter  
4-6 pm:  
Dungeons &  
Dragons

**10** 3:30-4:30 pm:  
Batter Splatter  
\*Center Closing  
at 5 pm

**17** Center Closed  
4:30-6 pm:  
Reunion Dinner  
RSVP

**24** Center Closed

**30** Center Closed

**MON-FRI**  
**2:30-6:30 PM**

**2001 NE PARVIN RD**  
**KCMO 64116**  
**(816)741-8700**

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Safe today. Strong tomorrow.

## Activity Descriptions:

- SingOUT KC** – Come hone your musical talents with Joe from Fountain City: a local performance arts center for the LGBTQIA community.
- Martial Arts** – Join Aplomb Martial Arts of Parkville in honing your Martial Arts skills.
- Current Events with Carl** – This group is a safe space to talk about racism in our lives and society. How does it manifest? How does it affect us? How can we responsibly address and process it? How can we avoid perpetuating it? Carl Boyd will present the group with a current event that involves racism, and the conversation will form from there.
- Self-Exploration** – A Synergy Therapist will lead a group about getting to know yourself.
- Judge NOT-** In a court Room/Debate style setting, Carl Boyd mediates relational conflicts to help guide participants in the art of settling issues among friends or acquaintances.
- Open Art** – Get in the zone and get your creative juices flowing with the guidance of our campus Art Therapist!
- Book Binding** - Heather from ArtsTech will teach us how to create a journal from scratch!
- Bring Home the Bacon** – Martin Casas is Toyota's Facility Manager for Parts Distribution Center in KC, and he is here to teach you lessons in job readiness. Learn how to write resumes, cover letters, nail interview questions, and more!
- Sign Language** - Matilian from 4H teaches beginner friendly Sign Language!
- Literary 101: Old's Cool** – Our resident sage, Mr. Carl Boyd, oversees mastery of the written word through song lyrics, spoken word, poetry or simple letter writing.
- Teach Me You** – Carl Boyd will continue his popular exploration hour group with community youth.
- SOS Resource** – Synergy's Street Outreach team shares vital information on community resources, including finding safe housing, food pantries and clothing options.
- Games Unplugged**– Unplug and play some board games with YRC staff.
- YRC Feedback Group** – The YRC is your space, and we want to hear your thoughts. This is your chance to talk to YRC Staff and share your honest thoughts about YRC programming.
- Dungeons and Dragons** – Dungeons and Dragons is a game of imagination and exploration! We will create characters to fight monsters, solve puzzles, and work as a team!
- Batter Splatter** – Let's get baking with Lizette from 4H!
- Gym with Freddie** - Join Freddie from The Boys and Girls Club in exploring all things recreational.
- Mindfulness** – This group will focus on engaging in mindfulness through multiple practices.
- Tennis** - Join YRC, Ron Tankel, retired Recreational Therapist, and Michael-Ray Pallares, owner of One Love Tennis, Inc. off-campus at Mackin Park for beginner friendly Tennis!

## QUESTIONS? CONTACT

KATIE B, YRC MANAGER

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OR

KATIE C, YRC COORDINATOR

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## IN NEED OF SERVICES?

DROP-IN IS OPEN FROM 9 AM-2 PM

