



Whole Life Community Development Corporation
We 'R Family After School Program
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We 'R Family After School Program - 5 Stages of Progression and Proficiency address unhealthy lifestyles for youth grades 6 through 12. Critical information is imparted through five stages of progression and proficiency using exciting group sessions, esteem building training, one on one projects, tutoring, and mentorship. We "R Family After School Program starts each year in September and ends the last day of school in June. We "R Family doors are open to students that are enrolled in our program. Classes are Monday - Friday 3:30 p.m. – 6:30 p.m. The students will receive a schedule at the beginning of each week. Any student that does not follow the program rules will be asked not to come back to the program.

Informational Meeting

Before beginning the program, all parents must sign a Program Waiver Form and Understand Details of the Program Form. At least one parent/guardian must attend the informational meeting before a child can participate. If the Child is ordered by the Court or referred by services outside this program, the parent/guardian must have all referral papers in order.

Learning Objectives:

Children will learn the importance of self-discovery which will lead them to become stable and productive youth. Your child will learn how to build a great and wonderful life and career for their future. Your child will also receive the resources needed to build strong personal foundations by learning details of the program including the point system, the reward system, and "leadership" opportunities. The student must also complete an entrance survey.

Lesson Plan:

Each time a class gets together, the class will begin with the "Exercise Plan" (Who are you right now?) and end with the "Exercise Plan" (Who do you want to be in your future?). In the initial classes, children will be introduced to program details including the 5 Stages of Progression, take home projects, details of the Point System, and Program Rules.

Our Purpose

We "R Family was formed to serve the community by providing knowledge, resources training, programs, services, and guidance with the ultimate mission of equipping youth with the tools to succeed in life.

Our Goal

We "R Family strives to:

- Help youth find and fulfill their true purpose in life.
- Plant seeds in our youth and teach them to be responsible stewards in their lives and communities. This is done by providing instructional seminars, the Five Stages of Progression and Proficiency and much more.

- Help youth to build strong, good relationships with in their families, friends, schools/campuses, work place, and communities, understand and manage anger while teaching them conflict resolution, breaking bad habits, assertiveness & self-confidence, career building, gang prevention, healthy living and much more.

After School Schedule Grades 6-8 & 9-12

Mon-

- **Group Sessions** 3:30 p.m. - 4:25 p.m.
- **5 min Break** 4:25 p.m. - 4:30 p.m.
- **Homework/Study** 4:30 p.m.- 5:25 p.m.
- **5 min Break** 5:25 p.m. -5:30 p.m.
- **Tutor Class or Recess** 5:30 p.m. - 6:15 p.m.
- **Dinner** 6:15 p.m. - 6:30 p.m.

Tues-

- **Esteem Building Training** 3:30 p.m. - 4:25 p.m.
- **5 min Break** 4:25 p.m. - 4:30 p.m.
- **Homework/Study** 4:30 p.m. - 5:25 p.m.
- **5 min Break** 5:25 p.m. - 5:30 p.m.
- **Tutor Class or Recess** 5:30 p.m. - 6:15 p.m.
- **Dinner** 6:15 p.m. - 6:30 p.m.

Wed-

- **One on One Projects** 3:30 p.m. - 4:25 p.m.
- **5 min Break** 4:25 p.m. - 4:30 p.m.
- **Homework/Study** 4:30 p.m. - 5:25 p.m.
- **5 min Break** 5:25 p.m. - 5:30 p.m.
- **Tutor Class or Recess** 5:30 p.m. - 6:15 p.m.
- **Dinner** 6:15 p.m. - 6:30 p.m.

Thurs-

- **Mentorship** 3:30 p.m. - 4:25 p.m.
- **5 min Break** 4:25 p.m. - 4:30 p.m.
- **Homework/Study** 4:30 p.m. - 5:25 p.m.
- **5 min Break** 5:25 p.m. - 5:30 p.m.
- **Tutor Class or Recess** 5:30 p.m. - 6:15 p.m.
- **Dinner** 6:15 p.m. - 6:30 p.m.

Fri-

- **Homework/Study** 3:30 p.m. - 4:00 p.m.
- **5 min Break** 4:00 p.m. - 4:05 p.m.
- **Tutor Class or Mentorship** 4:05 p.m. - 4:35 p.m.
- **10 min Break** 4:35 p.m. - 4:45 p.m.
- **Seminars** 4:45 p.m. - 6:15 p.m.
- **Dinner** 6:15 p.m. - 6:30 p.m.