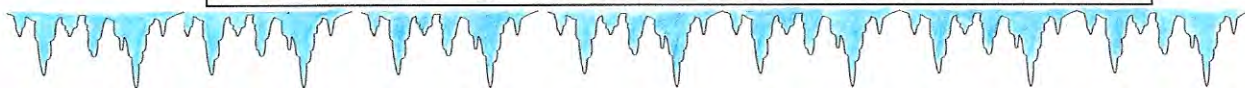




HORIZONS NEWSLETTER

JANUARY & FEBRUARY EDITION

KEEPING YOU IN THE LOOP



NEW PROGRAM CYCLES A PLENTY

This January 2010, each of Horizons' three gender specific programs begins a new cycle. Throughout the next 6 months, Young Women Arise will train and empower 8 females in the field of peer counseling; Females Against Violence will educate 10 women about domestic violence and routes to healthy relationships; Young Men Against Violence will promote gender equality and respect amongst 8 young males.

In addition to individual programming, participants from all 3 gender-specific groups will attend a monthly support group focusing on community organizing, leadership, and fundraising for the collective.

Each program coordinator [YWAP Jackie Balingit, FAV Deborah Gallegos, and YMAV Luis 'xago' Juarez] adopts a unique curriculum based on personal interest and points of expertise. For example, Jackie uses healing and self-care as a focal point for programming, while Xago uses theater as an outlet for expression. There is no doubt that young women and men growing up in San Francisco are fortunate to have access to gender-specific support like this.



January 28th marked a momentous occasion in neighborhood unity as Mission District activists marched in solidarity for peace amongst their community. The rally was predominantly organized by the Mission Community Peace Collaborative, an Affinity Group of the Mission Community Council, and a team composed of over 25 Mission District community-based organizations (CBOs).

The march, the second of its kind in the past three months, was organized to achieve the following: 1) To send a message of love to our youth; 2) To highlight the violence prevention work of CBOs; 3) To fight back against budget cuts imposed on youth services due to the citywide deficit. Pictures blow capture the passion of the event:



SELF DEFENSE KICKBOXING CLASSES

YWAP and FAV program participants will be joining Master Kenya Prach at his San Francisco gym on Thursdays from 7:30-8:30 pm for instructional defense classes. Although this will be Kenya's 2nd year teaching self-defense for YWAP, this is the first time lessons will take place at Kenya's training center, Hwa Rang Kwan Martial Arts Center in SF's SOMA District. This location is equipped with quality gear and is sure to motivate the young women towards higher levels of fitness. Activity flyer designed by Program Director Korina Bayardo pictured below:

**Young Women Arise
Self Defense Kickboxing**




Learn how to defend yourself, be active and stay fit for FREE!
When? Every Thursday 7-8pm
For who? Womyn 14-18 yrs.
All classes take place at:

HWA RANG KWAN MARTIAL ARTS CENTER
371 5th Street/Harrison
San Francisco CA 94107 ☎415.495.2025





January Progress & February Updates

The DJ Project

Audio Production classes closed out their Winter Cycle this past January 29th. The [Monday, Tuesday, and Friday] Introduction class familiarized participants with music history, theory, and engineering techniques as foundation for future recordings. Instructor Korise Jubert guided youth toward the production of 3 Public Service Announcements for the Project Prevention CD, an album addressing accessibility, exposure, and The WHY behind teenage alcohol and drug use.

The [Wednesday and Thursday] Intermediate and Advanced Audio Production classes produced Soul Sample Tribute under the same expertise of Instructor Korise. This project honors legendary soul artists like Teddy Pendergrass and James Brown on 11 tracks co-produced by Korise A.K.A. BigTunes and Tony Jazzo. You can catch the rhymes on The DJ Project fresh Podcast website: <http://thedjproject.podomatic.com>

February 12th will be yet another opportunity to check the rhymes at The DJ Project Showcase, an full-cycle exhibition of audio production, scratching, and breakdancing. Following the showcase, instructors will enter the recruitment stage for Spring Cycle classes. Contact Korise for more information @ (415) 487-6741.

Outpatient Program

CALMECAC programming enjoyed winter break by partaking in group-building exercises such as ice skating @ Yerba Buena (See top of middle column)



and dedicating hours of artistic energy to the ongoing mural project here at Horizons. The mural is progressing with flying colors- Check it out personally in the upstairs rec. space.

Trafkintu is our newest off-site treatment group led by Mental Health Specialist Intern Francisca Lizana. This semi-weekly art therapy group is the first of its kind held at The Latino Commission, our residential treatment partner organization in South San Francisco.

Trafkintu is a Mapuche word meaning *Exchange of Presents*; the word is commonly used in the South American marketplaces to describe the ceremonious seed exchanges between townswomen. Trankintu is analogous of the gift that each participant brings to the table and the meaning it bestows upon the group as a whole.

Pictured below are excerpts from Trafkintu's first mural, completed in 8 weeks under the guidance of Francisca. The mural is comprised of interpretive self portraits of program participants:



Mayors Youth Employment & Education Program (MYEEP)

January was portfolio month for MYEEP, wherein participants developed resumes and cover letters for future employment. February will be dedicated to Financial Planning, a useful skill with which every young person should equip themselves. Youth will learn the value of saving & the danger of credit cards in what Program Coordinator Sabrina Mutukisna will spin into an educational Game Of Life.

Environmental Prevention

This segment of Horizons programming focuses on changing our social and physical environment to influence a person's behavior. The 4 strategies of Environmental Prevention that this year's team has developed are: 1) Change Norms (Values and Beliefs); 2) Influence Media; 3) Change Laws or Policies; 4) Reduce Access. Check back next Newsletter for progress on strategy implementation within our Mission District.



McKayala Fabiana Ramos was born to Prevention Coordinator Hector Ramos and his wife Mary Chries on

January 19th, 2010 @ 8:48 am.

Father & daughter pictured below:

