



# HORIZONS

## APRIL NEWSLETTER

KEEPING YOU IN THE LOOP

### YOUTH ENGAGEMENT & HARM REDUCTION

Horizons Unlimited hosted a very meaningful workshop this past March 11th around the theme of Positive Youth Engagement. The trainer- Sergio J. Morales- began by explaining the model of Harm Reduction, wrapping the theory around our San Francisco-specific context as well as our field of substance abuse. Moving onto interactive role-play, staff teamed up to practice motivational interviewing and substance abuse counseling.

Sergio Morales is a certified Harm Reduction trainer through the Harm Reduction Institute and currently works for Tiburcio Vasquez Health Clinics as a Health Clinic Director at Tennyson HS in Hayward, CA.

The second workshop in this series will focus on working with aggressive/ violent young men, and the third on LGBTQ youth.

### VAGINA MONOLOGUES @ UC HASTINGS

Young women from Horizons' gender specific programming- FAV, YWAP & Project Runaway- treated themselves to a night of boisterous feminine theatre at the March 26th showing of The

Vagina Monologues. The performance is part of a larger V-Day movement across the globe to raise awareness and ultimately stop violence against women and girls.

Pictures from the show below:



### PROJECT RUNAWAY

The young women directly above are 2/3 of the Project Runaway team- Viviana on the left & Jackie on the right. The third bright mind of the bunch- Liliana- will be featured next Newsletter edition.

Small in number but powerful in perseverance, these ladies are currently hosting their first month's worth of Workshops & Support Groups. Healthy Love & Life Skills Workshops; Yoga & Art classes throughout the month. Best of luck with the success of your project.

### Womens Basketball @ Mission Rec. Cen.

Horizons Unlimited of San Francisco, Inc. has held a long-standing partnership with Mission Recreation Center in an effort to reduce the incidence and impact of alcohol and drugs, through its Inhalant Prevention Program.

Young women between the ages of 12-14 participate in an all-female basketball league aimed at building self-esteem and self-worth, promoting health and well-being, fostering a sense of community and sportsmanship, and underscoring the connection between healthy lifestyles and healthy choices. The leagues offer the young women a positive alternative to engaging in risky behavior while at the same time educating them on the risks associated with such use and abuse.

A force to be reckoned with, these young ladies have made a name for themselves and competed in several state-wide basketball tournaments; many times bringing home the gold. Thanks to the hard work of the Athletic Director, Oscar Jimenez, this league has uplifted the lives of hundreds of teenage girls who thrive on the leadership skills that are developed through their participation in the program.

# March Progress & April Updates

## PASSOVER:

Known in Hebrew as Pesach, this Jewish holy day commemorates God sparing the Israelites when the final of the Ten Plagues killed Egypt's first born son. In the story of Exodus, the Bible tells that God inflicted the plagues so that Pharaoh would release his Israelite slaves. The Israelites were instructed to mark the doorposts of their homes with the blood of a spring lamb, and upon seeing this, the Lord passed over these homes. Judaism follows the Hebrew calendar, and Passover always falls on the 15th day of the month of Nisan. The 15th of Nisan begins on a night of a full moon after the vernal equinox- The first day of Spring following the traditional Gregorian calendar.

## MAYOR'S YOUTH EMPLOYMENT AND EDUCATION PROGRAM (MYEEP)

On Tuesday, April 28th, MYEEP & NDEP students will join forces to valiantly serve their community by volunteering at the San Francisco Food Bank. Community service hours are a requirement for program participants, and helping out in a Food Bank context will surely teach these youth a thing or two about selfless support for those in need.

MYEEP & NDEP youth volunteers will meet at the agency around 5:30pm on Tuesday, and head out together to travel to the Food Bank Warehouse. If you or someone you know would like to volunteer, contact Sabrina @ (415) 487-6708.

## MYEEP, NDEP & THE DJ PROJECT

To celebrate the accomplishments of this year's participants, 30 youth and 3 proud program coordinators attended the Warriors vs. Philadelphia 76ers basketball game on March 20th. Attendees took the ever-so-convenient BART train to the game, dropping off at the Oracle Arena in time for tip-off. The cherry on top- Golden State beat Philadelphia 119-111.

Pictured below: Group of youth posing at BART; Two affectionate MYEEP youth riding the train home after the game.



## THE DJ PROJECT

April 2nd was time for Horizons Unlimited 5th Annual Hip-Hop Hoops Tournament, which took place @ Mission Rec. from 12-5 pm. This event was the masterful production of several organizing agents, most significantly The DJ Project arts entrepreneurship program.

The DJ Project's team of 15 youth workers had been avidly preparing for the tournament, handling special projects like the creation of the promotional flyer displayed to the right.

## Upcoming Activities

Mark Your Calendars

### April 1

- All-Staff Meeting @ 12:00 pm

If you're free, check out...

### April 2

- SF Women's Film Festival

### April 4

- Cesar Chavez Holiday Parade & Festival- near Dolores Park

### April 11-12 & 18-19

- Cherry Blossom Festival-Japantown

### April 12

- Spring Celebration & Easter Parade Union Street

### April 15

- Emerging Writers Festival @ UCSF

### April 18

- Dogfest 2009 @ Duboce Park: A celebration of dogs & kids to benefit McKinley Elementary

### April 24

- Bay Area Nat'l Dance Week Kick-Off @ Union Square

