

Outings

It is important for us to take our groups out of the school setting from time to time and allow them



to have fun in a safe and sound environment. Some of our past outings have included camping trips, hiking retreats, Warriors' basketball games, and picnics. All of our outings are relevant to our program and many times include a retreat spirit of workshops, discussions, and healing.

Goals

By the end of the 12 week Y-TRIBE curriculum session

1. Participants will have an increased sense of self esteem and will be able to identify positive attributes about themselves
2. Participants will have a better understanding of choices and consequences
3. Participants will be able to set a positive goals for themselves
4. Participants will be able to identify general and personal ways of diffusing anger

Unfortunately, instead of being encouraged with positive and kind words, our youth are often discouraged by harsh and cruel labels. Adjectives such as "disappointing", "failure", and "underachiever" are used frequently to describe these youth. These destructive labels are used so often that they have difficulty describing one good thing about themselves. Unity Care's Y-TRIBE helps youth express their personal experiences in an honest and healthy way that ultimately promotes growth and healing Unity Care's Y-TRIBE helps youth express their experience in a honest, healthy way that promotes growth and healing.



The Unity Care Group is a community-based, non-profit youth development agency. Founded with the goal of developing educational and social programs to enrich the lives of at-risk youth, our mission is to provide quality programs for the purpose of creating healthier communities through life-long partnerships.



Creating Healthier Communities

Unity Care Group Inc.

A Non-Profit Corporation

237 Race Street
San Jose, CA 95126

Mailing Address

P. O. Box 730276
San Jose, California 95173

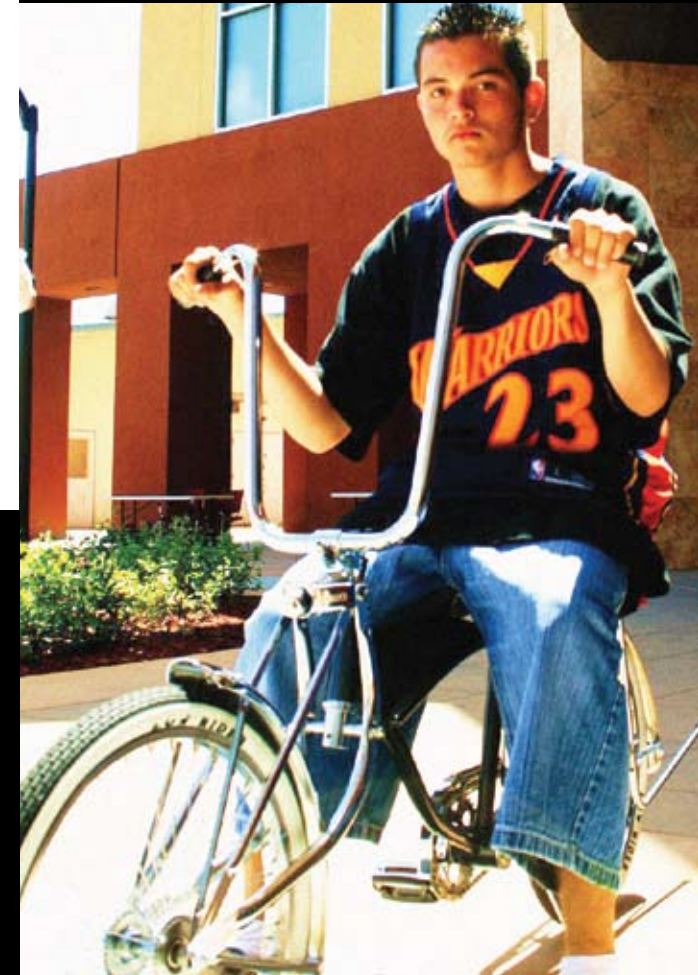
Tel: 408.971.9822

Fax: 408.971.9820

www.unitycare.org

The Unity Care Group

Creating Healthier Communities



Y TRIBE





Unity Care Group's Y-TRIBE program is designed to take students beyond expectations by providing them with the space for self-reflection, healing, and growth.

In collaboration with San Jose's middle and high schools throughout the Alum Rock and East Side school districts, we work closely with at-risk youth by providing them the positive tools they need to take control of their lives.

Over the course of a 12-week session we cover topics such as self esteem, choices and consequences, positive communication, anger management, and positive goal setting.

Our philosophy is to give youth the opportunity to identify themselves, by understanding their past and present, while giving them the tools to overcome their obstacles to succeed. Youth rarely have the opportunity to tell adults and their peers who they are because they are often mislabeled by authority figures. They are often labeled as 'trouble makers', 'problematic', and 'dumb'. This is an identity instilled in our youth by people that do not have a clear understanding of who these youth are and what stories they have to tell.

Services

Group Sessions

Our group sessions consist of 10-15 youth referred to us by school counselors or administrators. We target at-risk youth who have low academic performance and who are disengaged from school. Because these schools are located in economically disadvantaged neighborhoods, many students we serve tend to be gang involved or gang affiliated. During our 12 week Group Sessions, we

discuss topics such as; self reflection, family, self esteem, communication, anger management, choices and consequences, self control and positive goal setting. Our holistic approach emphasizes balance, discipline, and integrity in every day life. We take a holistic approach to our program, emphasizing balance, discipline, and integrity in every day life.

One to One Mentoring and Counseling



We work closely with our clients to ensure that they are fully benefiting from our program. During these sessions our clients open up and are able to discuss their personal burdens and everyday struggles. In this process, we work towards

empowering youth with a clear understanding of the countless options they have to succeed in life as well as to provide a listening ear.