

YFC Houston

What is YFC doing in Houston?

- **The Yoga program** - give the kids an opportunity to learn more about themselves. Yoga connects the body, mind and soul causing transformations physically, emotionally, and spiritually. Through consistent practice people can gain inner peace and awareness. Gaining strength and balance physically also results in increases in strength and balance in everyday life. This creates confidence, which is essential in reaching goals. Yoga is also a useful tool for people to discover and experience love of self. The first step to self love is forgiveness; forgiveness of you and forgiveness of others. Through the process of yoga we uncover layers of pain, but through the pain we find light, love and forgiveness. Yoga brings about the sense of presence, the here and now, the learning from your past and preparing yourself for the future. Being present are key to living a truly happy life.
- The **Academic Achievement Program** is a tutoring program designed to connect volunteers from local colleges and universities to help incarcerated and at-risk students' learn and improve their academics, in one on one and/or in small group settings. With focus placed in the areas of math, reading, social studies, science, writing, and successful methods in passing standardized test.
- **Mentorship Program** is a mentorship program designed to provide supportive services and encourage at-risk youth (delinquent, gang involvement, educational failure or drop outs) to participate in a one-on-one Mentor/Mentee relationship that include social skill workshops and specialized events that promote goal setting, positive decision-making and academic success.
- The **Art Expressions program** is a talent development program which consists of building a platform for youth in the custody and care within juvenile facilities, allowing them to discover and/or develop their gifts and talents. The *Art Expressions* program focuses on exposure and development to the arts (i.e. choir, band, dance, theatre arts, creative art, etc) and sports. By helping incarcerated and at-risk youth discover and expand on their talent, leads to these youth increasing their self esteem, self image, and confidence. These attributes add more value to their lives, and gives them the needed strength and support to make better choices in resisting peer-pressure and negative influences, while allowing them the opportunity to be in a positive and talent enriched environment.
- The **Alpha-Omega program** will assist, support, and guide young men into their "rites of passage" as men in their communities, households, and families. It will help these young men to become more responsible and take ownership of their actions. Through mentors, peer-support groups, and friendship; the youth will learn to self-govern and self-evaluate their actions through the leadership of other men; promoting a brotherhood of men.
- **Club Success** is a program that will help kids identify and address the spiritual and emotional areas in their lives that could use improvement, guidance, and strength while giving them the tools to build their sense of self worth and purpose.
- **Sunday Night Live:** a full worship service, giving incarcerated youth the opportunity to give praise and worship to Jesus Christ. This service is rich in biblical instruction, prayer, and various forms of praise and worship including praise dancing, singing, rap, poetry, spoken word, etc. Sunday Night Live also gives a safe platform to incarcerated youth to share their gifts and talents to honor God.
- **Ladies of Distinction:** provides a character building and life-skills development through the use of various hands on tasks, speakers, group discussions, role-playing, and role modeling, and other self-improvement services, while emphasizing responsibility, and accountability. This program focuses on the many forces that affect the young ladies currently incarcerated in the Houston area: including anger management, self-esteem, family unifications, forgiveness, and pursuing dreams and life goals.
- **Church services, bible studies, concerts, parenting programs, sports, hula hooping, special events and much much more!!!**