

**This is just some of the many ways your financial investment
will continue the important work of LC4YF**

\$1,000 Plus will:

- Help put one youth mechanic through a three month session of the Tried & True Small Engine program
- Recruit, train, supervise and match three adult mentors with three youth for one year
- Provide weekly parenting support and essential one-on-one skill building opportunities for five youth and their parents for one year
- Provide individual youth and family counseling to one low income youth and their family
- Pay for one low income youth and their families to participate in LC4YF programs for one year
- Assist LC4YF in its effort to deliver quality services, improve and create new programs, and track client outcomes to ensure needs are being addressed and goals are being achieved

\$500 will

- Provide a learning stipend to one youth apprentice of the Tried & True Small Engine program.
- Provide a weekly parenting support group for families
- Sponsor a youth through the “Our Place” teen addiction recovery program including meetings, mentoring and sober social activities
- Pay for two low income youth to attend a five session counseling group
- Sponsor the average annual cost of a young person and family to participate and complete LC4YF diversion/community justice programming

\$350 will:

- Provide parts for machines being repaired by youth in the Tried & True Small Engines for one month
- Sponsor one youth and their family through the 12 and Under Program
- Provide one youth recovering from addiction with a safe place where they can work toward a positive, sober future
- Train five volunteers to assist with teen recovery and justice panel meetings
- Provide sober social activities for all teens attending “Our Place”
- Provide a supervised consequence and learning experience for two youth suspended from school for three days
- Sponsor two youth participants of the Youth Advisory Board (YAB) for one year and help them reach their leadership potential.
- Purchase folders and materials for 50 packets of materials for parents
- Connect one youth with a Hidden Hero pen pal for the school year
- Help one youth learn to control their anger through the REACH Anger Management Program
- Help one youth gain moral self-awareness and develop skills in decision making through the Reasoning Skills Program
- Provide on-going support trainings for LC4YF adult volunteers

\$150 will:

- Help three students suspended from school gain insight into their behavior and develop a school re-entry plan.
- Provide oil, gas and other consumable supplies for the Tried & True Small Engines for four months
- Connect one at-risk youth with skill-building sessions or enrichment activities
- Sponsor four youth participants of the Community Project Team
- Reduce the fee for two low income youth and parent attending a chemical awareness class
- Cover consumables and materials for Youth Enrichment activities for one month
- Match a youth with an employer through the Job Connection
- Provide one youth with a one-on-one Job K.E.Y. skills session

\$75 will:

- Sponsor job training and college/career connections for one Tried and True Small Engines participant
- Provide two youth with the opportunity to give back to the community through community service
- Provide a one-on-one skill development meeting for an at-risk youth
- Sponsor one youth through a Junior Achievement job readiness program
- Provide supplies for the weekly parent group for one month
- Help one youth receive a chemical health screening
- Help train two youth to be Junior Counselors
- Provide Get Hired! course materials for five youth

The Impact we make

Alyssa

I have always struggled growing up with many mental health disorders. My mother sought help for me when I was in 9th grade. We found Lakes Center for Youth & Families (LC4YF). My counselor helped me find coping mechanisms, because previously I acted out and made poor decisions to deal with my pain. LC4YF provided a safe place for me to learn and cop to move forward from my past. I went on to graduate from Forest Lake High School, then attended the University of Northwestern in St Paul and graduated with a major in psychology, a minor in biblical studies and minor in chemical dependency counseling. I am currently an event's coordinator for the local Chamber of Commerce. I want to thank the LC4YF for providing me resources and love along the way and helping me become the woman I am today. If I would not have found them I would be down a completely different path. Some kids are just struggling and needing hope and encouragement to keep going! The youth in Forest Lake just need someone in there "corner" and LC4YF provides that.

Ben

I'm 15 years old and have been involved with LC4YF for about a year and a half. The programs I've been in are Youth Advisory Board, Project Team, Job Readiness programs, and the list goes on. I first got involved with LC4YF because my mom made me. She said it would look good on job and college applications and she knew I would eventually enjoy it. Although at first I was skeptical, I started to look forward to coming back. I started to like it after the ice broke and started to meet new friends. After that, it became more interesting and fun. It gave me more opportunities to volunteer and better the community. Unlike school clubs, I liked the variety and options that they offered. Since I joined the Enrichment & Jobs programs, I've matured more and have grown in many areas. My mom used to drive me nuts. She would nag on me to get my homework done and study for tests. I didn't understand the importance of school until LC4YF's programs helped me become responsible and independent. I now realize how being responsible and having a strong work ethic is important towards life. I have set a goal to get into Century College thanks to LC4YF. And my mom does not drive me nuts anymore.

Wyatt & Jeff

Wyatt received a robot kit for Christmas. And the first thing he wanted to do was work on it with his mentor, Jeff. So, they came up with the plan of building the robot together for their mentoring sessions. And last week, they accomplished their goal and finished the robot! In addition, they also got to enjoy a Twins game together thanks to a generous donation from the city of Columbus. When Wyatt began the mentoring program 8 months ago, he was a shy and withdrawn little boy struggling with anxiety whenever faced with something new or different. Now, he's come out of his shell, has become more outgoing and makes jokes! He still has his struggles, but he's doesn't shut down as quickly and willing to try new things!

