

Discoveries girls' after-school program is designed to help adolescent girls in at-risk situations. The program helps participants become self-sufficient, socially responsible, confident women.

WHO IS ELIGIBLE?

Discoveries accepts high-school girls, ages 12-17, who are referred by Juvenile Court Services, the Department of Human Services, parents, and a Licensed Practitioner of the Healing Arts (LPHA).

WHAT DOES THE PROGRAM INCLUDE?

Aggression Replacement Training (ART):

ART consists of three (3) components: **Skillstreaming** which includes youth being taught a life skill through repetition, role-playing, and giving examples of when the taught skill will be applicable in their lives. **Pro-Social Reasoning** includes teaching the cognitive developmental theory of socio-moral development and delay, and reviews moral reasoning in presented scenarios. **Anger Control Training** teaches what behaviors to not display and how to use anger control techniques to prevent those behaviors.

Wraparound Services:

These services provide girls with the opportunity to engage in pro-socialization activities with peers which include exercise, homework time, team building, and meal preparation.

Individual Treatment:

Staff meets weekly with each girl to work on individual skill development, and provides counseling when needed.

TRANSPORTATION

Although transportation is provided by program staff, parents are encouraged to provide it whenever possible.

School Year Hours*

Monday/Wednesday/Friday - after school until 7:30 p.m.

Tuesday/Thursday - after school until 5:30 p.m.

Evening meals are provided on Monday/Wednesday/Friday

Summer Hours*:

Monday/Wednesday/Friday – 1:00 – 5:00 p.m.

Tuesday/Thursday – 1:00 – 3:00 pm.

*Times above include ART and Wraparound Services.

We provide an environment that teaches personal accountability and allows each girl to build on her own uniqueness and personal strengths.

For more information, contact Foundation2 Discoveries at (319) 298-0285.