

Ukiah Valley Cultural and Recreational Center Program Description

UVCRC firmly believes that both structured and informal recreation are tangible ways to support children and youth. The center will provide the opportunity for youth and their families to participate in recreational and cultural activities that focus on their resources and aspirations.

UVCRC will:

- Develop programs and deliver services through a unique collaboration of community-based organizations, local businesses, county government, city government and the local school district.
- Develop, schedule, and supervise recreational activities and team sports to provide opportunities for structured and informal recreation that can improve overall health and well-being for children by reducing childhood obesity, juvenile onset diabetes, and high-risk behaviors and by giving youth opportunities to develop positive self images.
- Provide access to health information and prevention messages to kids and adults through a Spanish and English video library; rotating Public Health nurse services (family planning, STD testing, health screening); youth outreach; anger management and conflict resolution programs; substance abuse prevention programs; linkage to local clinics; and health-focused computer games and messages.
- Host multi-cultural events and performances, demonstrations, tournaments, rehearsals, exhibits and provide a variety of on-site services, classes, and opportunities as well as innovative program elements such as 'all night' activities,' field trips, and cross-generational programs.
- Develop youth leadership skills through a Youth Advisory Council and create additional opportunities for youth leadership development, internships, and service learning, and mandated community service activities.
- Cultivate active neighborhood involvement by creating a Neighborhood Advisory Council and involve community volunteers—high school and college students, parents, children, and seniors—in a variety of activities: tutoring, transportation, parent education, renovation, etc.

To make a donation, please call Deborah Mead at (707) 462-8562 or email her at deborahmead@msn.com