

Youth Development

Our youth development programs provide youth with positive support structures in their lives.

Our programs keep them engaged during the critical period between the end of the school day and when parents get home and also provide opportunities for youth to gain knowledge and skills in subjects like the arts, media, and technology which can lead to fulfilling careers.

They also have the opportunity to participate in community service, build their capacity for self-reliance, self-sacrifice, and social responsibility and receive college readiness or job skills workshops.

Youth.Connections.Academics (YCA) – Middle School
Youth Leadership Program (YLP) – High School
Sustainability · Mentorship
After School Enrichment
Building Unique Individual Leaders Today (BUILT)

For more information about Youth Development Programs, please contact:

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Community Engagement

Food Distribution Events - The COVID-19 pandemic shone a spotlight on food insecurity in our neighborhoods. Over the last 18 months, we have distributed hundreds of thousands of pounds of food to families in need through partnerships with Immanuel Lutheran Church, World Vision, Rainbow Push Coalition, CBS Food Depository, Ebenezer CRC, Vida Abundante, Inner City Impact, and United Way.

Visit our online calendar for upcoming events

Workshops - Youth Crossroads' workshops are available upon request to school districts, community organizations, police departments and business groups on a wide variety of topics related to youth and family development.

Some examples include trauma training for police, school counselors, teachers and administrators, bullying prevention, child development; healthy family communications, discipline; and understanding the effects of trauma on healthy development.

For more information about Community Engagement, please contact:

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Youth Crossroads



youthcrossroads.org

Youth Crossroads supports youth, guiding them through life's challenges, and inspiring them to discover new opportunities for personal development, healthy relationships, and positive community involvement.

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Our Services

■ Counseling Services

Through Youth Crossroads School Counseling Services, students will receive professional counseling to reduce stressors and difficulties that affect their school performance and social-emotional development.

Students will learn the skills necessary to reduce symptoms and behaviors, while building self-confidence, resilience, and social success.

■ Referral and Evaluation

With input from members of the school community, eligible students are referred and evaluated for YC Counseling Services.

■ Individual Counseling

YC Individual Counseling is available, at no cost, to students during school hours. The results of individual counseling are based on the student's needs and chosen goals.

■ Family Counseling

Family counseling is provided, as needed, during the school day. Families in need of more intensive family services can be referred to services offered in the community. The results of family counseling are based on the student's needs and chosen goals.

■ Group Counseling

■ Think First

Students who display aggression consistently react regardless of consequences. This group will help students identify their weaknesses and develop skills that allow them to deal with their anger in a healthier way. They will learn self-control and recognize the consequences related to their actions.

■ Mindfulness Group

Students who experience higher levels of anxiety and/or depression are at risk for low concentration levels, which can affect school success. In mindfulness, relaxation focuses attention on being aware of emotions, thoughts and sensations in the present moment. This helps increase emotional balance and cope with difficulties in a healthier way.

■ Boys Groups

Through the introduction of topics and activities, children will explore relationships, conflict resolution, education, leadership, community service, diversity, and media messages. Male students will acquire skills and knowledge to navigate the internal and external influences of society. They will identify personal values, healthy relationships, integrity, and goals for the future.

■ Girls Group

Girls will examine thoughts, beliefs, and actions about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, drug abuse, stress, and goal setting. Girls will explore their choices and behaviors, and identify ways to promote self-care and healthy choices.

■ Grief Group

This group offers grieving students the opportunity to process and cope with the loss of a loved one. Students will gain knowledge about the grieving process and develop skills that will lessen the signs and/or symptoms of intense emotional distress.

■ English Language Learners Group (ELL)

ELL Groups provide emotional support to English learners who are in the process of adjusting to a new country, culture, language, and school.

■ LGBTQ+ Groups

These groups are for students who identify with the LGBTQ+ community. The group will host discussions related to exploration of identity as well as the unique challenges that members might be facing. Group members will learn how to better cope with related feelings of distress and will have a higher level of support from peers and adults within the school.

■ Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

Students who participate in SPARCS group have a history of trauma with ongoing daily distress which is resulting in difficulties in several areas of their life. These areas include but are not limited to difficulties with emotional regulation and impulsivity, self-perception, relationships, and struggles with their own personal views that make it difficult for them to see a future for themselves. Students will learn how to better cope in the moment, increase feelings of self-worth, and learn to build supportive relationships.



For more information about Counseling Services, please contact:

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