



ALFOND YOUTH & COMMUNITY CENTER



The AYCCs

FAMILY WRAPAROUND PROGRAM

Update

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About

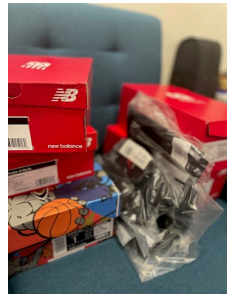
The Family Wraparound Program is a special initiative to support families in AYCC Waterville childcare programs. Youth must be enrolled in the Burger-Roy After School Program, Preschool Program, or the North End Learning Center for families to participate in this year-long grant.

Benefits of Participation

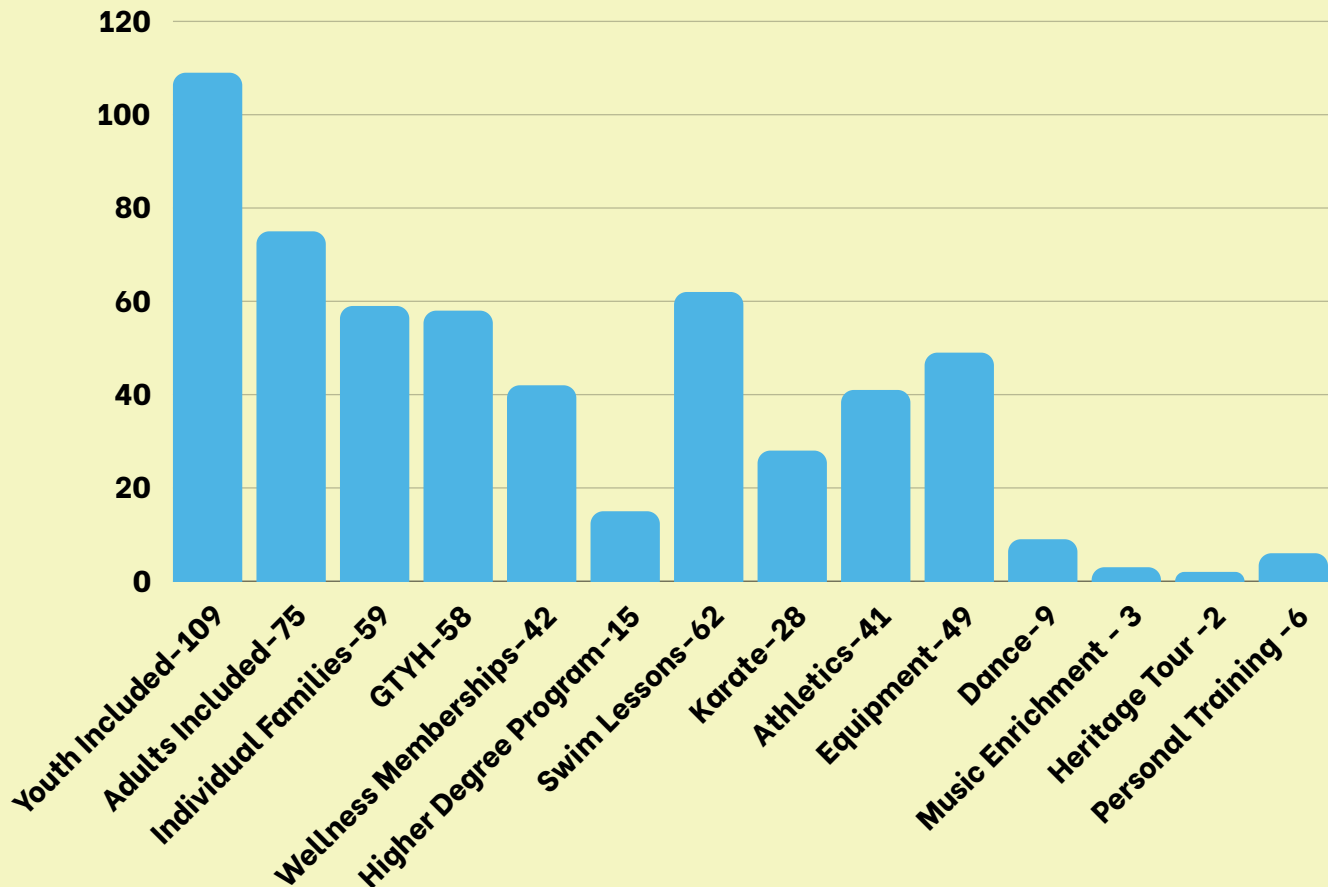
- AYCC family membership, including family-focused wellness classes, pool and fitness center access (fitness center access for ages 13+)
- Participation in the Greenhouse to Your House weekend meal program
- Monthly family dinners with community partner participation
- Childcare tuition for parents/guardians currently enrolled in a continuing education program, college courses or certificate programs
- Swim lessons, martial arts and/or athletic programs for youth (equipment provided, if needed)
- Participation in AYCC-sponsored family partnership & educational programs
- Teen job support via the Jobs for Maine Graduates (JMG) Badge & Certificate program
- Parent/guardian parenting workshops
- Youth & family education on healthy dental practices

Participation to Date

We are halfway through the grant period and are thrilled to provide so many families with free access to programs and activities that benefit the entire family. Since we began the program in October 2023, families have received over 50 pieces of equipment for participation in various programs including sneakers, gym shorts, ice skates and padding, downhill gear, swim goggles, and more!



Youth & Families Enrolled in the FWAP



Athletic Programming

Families have been able to participate in the following athletic activities:

- Adult Self-Defense
- Basketball (Rec & Travel)
- Central Maine Youth Hockey Association's Learn to Skate Program
- Cheering
- Climbing Club
- Dance with Young Americans Dance Center
- Flag Football
- Karate
- Kid Power Fitness
- Learn to Ski Program with Quarry Road Recreation
- Mid-Maine Dolphins Swim Team
- Swimming Lessons (group & private)



Continued Education & Degree Programs - Supporting Families Futures

Utilizing a combination of grants through the United Way of Kennebec Valley and the Family Wraparound Program, we are currently covering tuition for 18 parents of children across our three childcare programs. Parents are enrolled in coursework which will enhance career, educational, and family growth opportunities. The original goal was 12-13 spots.

Programs include:

- Business Administration
- Certified Nursing Assistant
- Civil Engineering
- Computer Skills
- Criminal Justice
- Electrical Engineering
- English Comprehension
- Institutional Systems Study



Family Dinner Night

On the second Tuesday of each month, the AYCC holds a Family Dinner for our childcare families. Parents/guardians and their extended family are invited, in addition to staff families. Our Director of Food & Nutrition Services works with the After School Program staff to prepare a meal around a monthly theme. Our Greenhouse & Gardens Coordinator works with the youth in the Garden Club to provide vegetables or herbs grown right here at the AYCC. The team also works with farms to include locally sourced meat as well. Families are encouraged to participate in theme-related activities and raffle prizes are given away at each dinner! Since October 2023, over 400 youth and families have attended the monthly Family Dinner Nights.

Greenhouse to Your House Program

The Greenhouse to Your House program not only provides a free, healthy, and fresh product to our community to help mitigate food insecurity in the short term, but the kit concept helps create cultural change by defining a new narrative around healthy food and cooking at home with the goal of inspiring families to implement healthier practices in the long term. Staff and volunteers currently prepare 54 meal kit boxes each week. Boxes come complete with portioned ingredients and a printed recipe. Many of the ingredients are sourced locally or grown in our greenhouse and gardens by staff, volunteers, and kids in childcare programs.

Training & Workshops

In December, we hosted **Holidays and Mental Health** workshop and in March we have both a **Preschool Parent** and an **After School Program Parent Workshop**. In April, we will host another workshop called **The Dangers of Social Media and Youth**.

Wellness Memberships

We have provided 42 Family Wellness Memberships since October with a target of supporting 100 family memberships by the end of August 2024. Participants are surveyed at the start of participation and will be surveyed at the conclusion of the year regarding their overall wellness. Additionally, over 30 personal training sessions with our certified personal trainers have been redeemed.

Meet the Families *Anonymous details are shared with permission.*

Waterville Family of Five

This family previously homeschooled the youth for several years and only recently enrolled the kids in area schools. They were frequent visitors to the AYCC and had utilized several programs and activities. Mom would often loosely supervise her children while in the facility, not fully realizing the burden she placed on staff and other visiting families.

Mom realizes that her foster-care upbringing did not provide her with the tools to make the best choices for her family. She never learned to cook and often fed her family “junk food.” Having become part of the Wraparound Program, she has changed her way of thinking, parenting, and life in general. She is committed to improving her family’s eating habits and has expressed interest in cooking and parenting classes. She has enrolled her children in a variety of lessons to improve their habits, skills, and teamwork too.



Party of Four

This four-youth family has overcome multiple challenges and continues to flourish. All four youth have at one time or another have attended the After School Program (ASP). While the oldest two are continuing their education at the secondary and high school levels, the youngest are both in the elementary school system and attend the ASP. The children’s father moved back to their home country about a year ago and the eldest daughters both have part-time jobs and are able to be a support system for their mother and younger siblings.

Mom has worked a physically demanding job until recently, when she asked to transfer to a different role. This new role is easier on mom physically but requires a new schedule for the family. Mom has taken advantage of having older children who are able to help with the youngest two and take care of their evening routines while she works. She continues to look for other opportunities but finds most positions are not able to provide her family with a living wage.

Mom’s favorite part of the Family Wraparound Program is Greenhouse to Your House. Not only does she enjoy cooking traditional cuisines from her home country, but she enjoys introducing new ingredients and recipes to her family each week.

Navigating Life Changes

Mom was recently diagnosed with an autoimmune disorder that affects the body in a variety of ways. She also recently experienced the loss of someone who provided a lot of support to the family. The weight of the world is on her shoulders but she insists on proving to her children, one of whom may also have the same diagnoses, that they can not only function but succeed in their daily lives.

Through the Family Wraparound Program, she has connected with medical professionals at MaineGeneral who help her navigate her diagnosis. She hopes to incorporate more healthy choices by using the fitness center with their Family Membership, signing her children up for a variety of youth development programs, and taking classes herself.

Boys & Girls Clubs and YMCA of Greater Waterville
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