

# Virtual La Mariposa Summer Camp'20


July 6 – July 31


10:00am to 12:00pm



**Girls Enrollment Day**  
July 6, 2020 @ 4:30pm

 3305 W. 25<sup>th</sup> Street  
Cleveland, OH 44109

 (216) 459-1222

 miperez@hispanicumadaop.org

  
 @lamariposahispanicumadaop

 **ADAMHS**  
BOARD OF CUYAHOGA COUNTY  
ALCOHOL DRUG ADDICTION & MENTAL HEALTH SERVICES

MENTAL HEALTH &  
ADDICTION SERVICES  
**Ohio**

 **STARTING POINT**



**Girls Age**  
**8 to 18**

FREE!

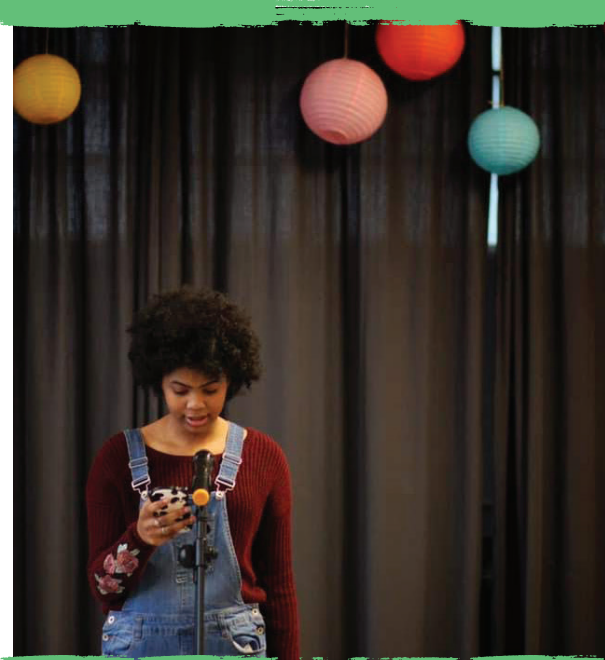
# SUMMER PROGRAMMING @

ST. PAUL'S  
COMMUNITY  
CHURCH

OPEN TO STUDENTS IN GRADE 7-12!



Affiliated with the national Young Audiences  
Arts for Learning network



## ST. PAUL'S SUMMER SCHEDULE

The Summer Programming is a mix of virtual and in-person sessions and are listed below.

### BASKETBALL COACHING + MENTORSHIP: TAUGHT BY COACH BOGARD

- » Virtual Workshops via Zoom: Tuesdays + Thursdays, July 7 - August 13 from 3 - 4pm

### BASKETBALL MURAL DESIGN + CREATION: TAUGHT BY AUGUSTO BORDELOIS

- » Virtual Design Session via Zoom: Monday, July 6 (2 - 3pm)
- » In-Person Workshops\*: Mondays + Wednesdays, July 8 - July 20 from 2 - 4pm

### PALLET MURAL DESIGN + CREATION: TAUGHT BY AUGUSTO BORDELOIS

- » Virtual Design Session via Zoom: Monday, July 27 from 2 - 3pm
- » In-Person Workshops\*: Mondays + Wednesdays, July 29 - August 10 from 2 - 4pm
- » In-Person Live Public Mural Unveiling\*: Friday, August 14 (Time TBD)

### HIP HOP POETRY: TAUGHT BY SIAARA FREEMAN

- » Virtual Workshops via Zoom: Tuesdays + Thursdays, July 7 - August 11 from 2 - 3pm
- » In-Person Dress Rehearsal\*: Thursday, August 13 (Time TBD)
- » In-Person Live Public Performance\*: Friday, August 14 (Time TBD)

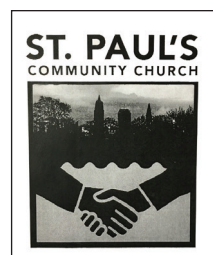
**LOCATION** St. Paul's Community Church, 4427 Franklin Blvd, Cleveland, OH 44113

**COST** FREE! to students in Grade 7-12

**REGISTER** [arts-inspiredlearning.org/stpaulscleveland](https://arts-inspiredlearning.org/stpaulscleveland) or call: 216.235.5156

*\*Masks must be worn and social distancing adhered to for all in-person programming.*

THIS SUMMER  
PROGRAMMING  
IS PRESENTED  
IN PARTNERSHIP  
WITH:



Center for Arts-Inspired Learning  
10917 Magnolia Drive Cleveland, OH 44106  
T 216.561.5005 W [arts-inspiredlearning.org](https://arts-inspiredlearning.org)

LEARN MORE: FOLLOW US ON







# KIDS SUMMER LUNCH PROGRAM

**Monday - Friday • 11:00 am - 12:00 pm**

**UH Ahuja Medical Center**

3999 Richmond Road, Beachwood, OH 44122

**May 26 - August 18, 2020**

**UH Bedford Medical Center**

44 Blaine Avenue, Bedford, OH 44146

**June 3 - August 21, 2020**

**UH Rainbow Babies & Children's Hospital**

2101 Adelbert Rd, Cleveland, OH 44106

**May 26 - August 14, 2020**

**UH Elyria Medical Center**

630 East River Street, Elyria, OH 44035

**June 4 - September 4, 2020**

**UH Parma Medical Center**

7007 Powers Blvd, Parma, OH 44129

**June 4 - August 21, 2020**

**UH Portage Medical Center**

6847 N. Chestnut Street, Ravenna, OH 44266

**June 1 - August 18, 2020**

**UH Rainbow Center for Women & Children**

5805 Euclid Avenue Cleveland, OH 44103

**May 26 - August 14, 2020**

**UH Richmond Medical Center**

27100 Chardon Road, Richmond Heights, OH 44143

**June 1 - August 14, 2020**

This summer, children ages 1-18 are eligible to receive a free, healthy bag lunch. Registration is not required. Each meal will include a sandwich, vegetable, fruit and milk. This summer, for the health and safety of families the meals will be grab and go and eating on site is not required.



This site is an equal opportunity provider.



# YOUTH MENTAL HEALTH FIRST AID

## Training Now Available Throughout Ohio!

**1 in 5**

Youth lives with a mental health condition

Half of all mental illnesses begin before age

**14**

Suicide is now the  
**2<sup>nd</sup>**  
leading cause of death for adolescents

**64%**

of youth with major depression do not receive any mental health treatment

Half of all substance use disorders begin before age

**20**

Youth Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to adolescents and transition aged youth (ages 12 - 25) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Youth Mental Health First Aid teaches the five-step **ALGEE** action plan:

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

### OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Educators, school administrators, and school support staff
- Social workers
- Counselors
- Non-profit agency staff
- Youth group leaders
- Parents
- Nursing, medical, and education students
- Faith-based groups

### WHAT IT COVERS:

- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis
- How to connect the adolescent with help

For more Information, please contact: Kathleen Oberlin - [oberlink2@gmail.com](mailto:oberlink2@gmail.com) Mental Health

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services





# YOUTH MENTAL HEALTH FIRST AID

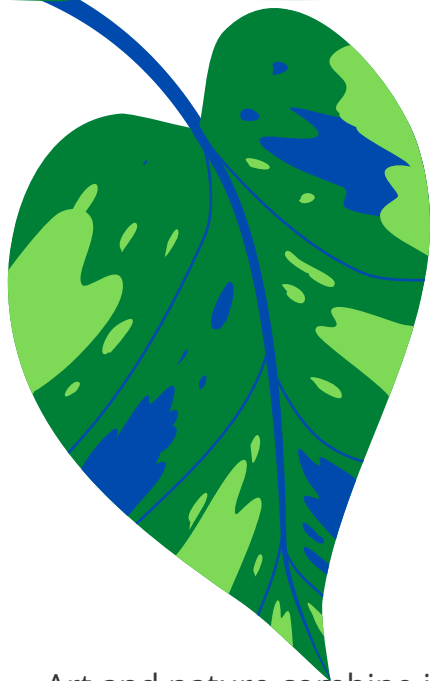
## FAQs

- Q:** Is there any fee for Youth Mental Health First Aid?  
**A:** No, training and class materials are paid for through an Ohio Department of Mental Health and Addiction Services grant.
- Q:** How long is the training?  
**A:** A typical class lasts 6 ½ hours.
- Q:** What is a typical class size?  
**A:** Classes range in size is 20 to 35 students.
- Q:** Is online training available?  
**A:** Yes, online training consists of 2 hours of self-paced study, and 4 hours of online instructor led training.
- Q:** Is in-person training available?  
**A:** Not at this time, but in-person instruction will resume when it is safe to do so.
- Q:** Who should take Youth Mental Health First Aid?  
**A:** Any adult that works with adolescents or transition age youth should consider attending a training. Groups that have been trained include teachers, administrators, and school support staff; parents; faith-based groups; counselors; social workers; college students; police, and first responders.
- Q:** Do you offer professional CEUs for this training?  
**A:** No, at this time we are not able to offer CEUs.
- Q:** Can teachers receive contact hours for this training?  
**A:** Yes, teachers receive a certificate of attendance for 6.5 hours of training.
- Q:** Is this training available in Spanish?  
**A:** We are actively recruiting Spanish speaking instructors, please contact us for more information.
- Q:** Does this training provide certification?  
**A:** Yes, after successfully completing the training you will be certified, for 3 years, as a Youth Mental Health First Aider. Certification can be renewed after 3 years.
- Q:** How do I schedule a training for my group or organization?  
**A:** Please contact Kathleen Oberlin, [oberlink2@gmail.com](mailto:oberlink2@gmail.com), or visit <https://mhaohio.org/get-help/MHFA>

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services



**Old Brooklyn Kids and Families:  
Join us for a week of**

# *Wild* at HeART

**Nature and Art Camp**  
**July 13, 14, 15, 16**

Art and nature combine in this four day virtual camp! Experiment with traditional and unconventional materials to create mixed media artwork with a teaching artist who is also an environmental educator! Your child will examine natural objects, use their imagination, learn new techniques, and think like an artist while celebrating summer. In addition to live, interactive classes, each child will receive thoughtful project ideas to do at home (or in a park) with family. There will also be an optional community exhibition opportunity!

**Zoom online classes for Grades 1-3 every day from 12:30-1:30**

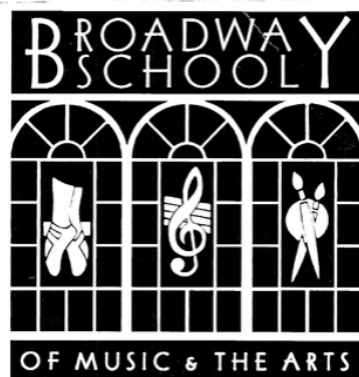
**Zoom online classes for Grades 4-6 every day from 2:00-3:00**

**No cost.**

**For more information or to register, email Emily Hoag at  
[emily@broadwayschool.org](mailto:emily@broadwayschool.org) or call 216.641.0630.**

**Registration deadline June 30.**

\*This camp is funded through the support of Old Brooklyn Community Development and MYCOM. Preference will be given to youth in the Old Brooklyn neighborhood. Limited space will be available for youth from other communities.



**A project of Broadway School of Music & the Arts  
with support from**





# Kids' Free Summer Mobile Meals!

Summer's here, and that means many children won't be receiving daily meals from their schools. If you know a child in need of free summer meals, come to one of our mobile Summer Meal sites listed below. Parents, Food Bank staff is available at each site to help you apply for SNAP and other critical benefits!

## Cleveland Metropolitan Housing Authority:

**Bellaire:** 12502 Bellaire Road: **Mondays 10:30 am - 12:00 pm**

**Riverside Park Community Center:** 17800 Parkmount Avenue: **Mondays 12:30 pm - 2:00 pm**

**Springbrook Apartments:** 1675 Ansel Road: **Mondays 10:30 am - 12:00 pm**

**Willson Family:** 1919 East 55th Street: **Mondays 12:30 pm - 2:00 pm**

## Cleveland Public Library:

**Fleet:** 7224 Broadway Avenue: **Thursdays 10:30 am - 12:00 pm**

**Fulton:** 3545 Fulton Road: **Thursdays 12:30 pm - 2:00 pm**

**Sterling:** 2200 East 30th Street: **Thursdays 12:30 pm - 2:00 pm**

**Walz:** 7910 Detroit Avenue: **Thursdays 10:30 am - 12:00 pm**

## Dudley Triangle Park:

West 73rd Street & Elton Avenue: **Fridays 12:30 pm - 2:00 pm** **No food trucks/meals on July 3**

## First Draft Barber Shop:

11337 Superior Avenue: **Fridays 12:30 pm - 2:00 pm** **No food trucks/meals on July 3**

## Garfield Heights Middle School:

12000 Maple Leaf Drive: **Wednesdays 10:30 am - 12 pm and 12:30 pm - 2 pm**

## Garfield Middle School (Lakewood):

13114 Detroit Avenue: **Fridays 10:30 am - 12:00 pm** **No food trucks/meals on July 3**

## MetroHealth Buckeye Health Center:

2816 E 116th Street: **Tuesdays 12:30 pm - 2:00 pm**

## Shore Cultural Centre:

291 222nd Street: **Tuesdays 10:30 am - 12:00 pm and 12:30 pm - 2:00 pm**

## St. Clair Superior Development Corporation:

6321 St. Clair Avenue: **Fridays 10:30 am - 12:00 pm** **No food trucks/meals on July 3**

## St. Martin de Porres Family Center:

1264 E. 123rd Street: **Tuesdays 10:30 am - 12:00 pm**



**Greater Cleveland  
Food Bank**

*This institution is an equal opportunity provider.*



# Your Life MATTERS!

Inviting All Youth & Young Adults To Join Us!

**Friday Night LIVE!** *Online!*

**Friday, July 3, 2020 6:30 -7:30pm (Q & A) 7:30-8:00**

Go to: [www.ministryofreconciliationinc.com](http://www.ministryofreconciliationinc.com)  
and click on the **YLM-FNL Zoom Link**

**Topic: STV - STOP THE VIOLENCE CAMPAIGN!**

**We Can Help & You Can Too!**

**Why Am I So Angry?**

**Domestic Violence!  
Unjust Violence!**

**Controlling Anger  
Before It Controls  
You!**



**Mediator  
Peacemaker or  
Instigator?**

**Resolving Conflict!**

**Gun Violence!**

**...Love Your Neighbor As Yourself...**

**BLACK LIVES MATTER! Raising up an Army of Young Voices Against Violence!**

**STV Essay, Poem & Poster Contest**

**"Why & How To Stop The Violence"**

**Entry Deadline: July 7th**

**Contact us for sites to drop off Poster ENTRY**

**Email your Essay & Poem ENTRY, with your contact information to:  
[ministryofreconciliationinc@gmail.com](mailto:ministryofreconciliationinc@gmail.com) 216-464-1900**

**Winners will be awarded on the YLM-FNL Online Broadcast July 10th**

**Stop The Violence Contest PRIZES!**

**Best Entries In Each Category**

**\$50 Ages 13-14**

**\$75 Ages 15-18**

**\$100 Ages 19-23**



SESSION I: JUNE 29 - JULY 2, 2020

# CAMP YOUTH 360

**CAMP YOUTH 360** is a free virtual camp for students in grades 6-12. Each session will be filled with age-appropriate lessons that are fun, engaging and transformative.

VIRTUAL SUMMER CAMP  
FOR MIDDLE AND HIGH  
SCHOOL STUDENTS

## MIDDLE SCHOOL GRADES 6-8

**Session I: June 29 - July 2**  
11:00 a.m. - 12:30 p.m.

June 29: Meet & Greet (SV 101)  
June 30: Bystander Intervention  
July 1: Healthy Relationships  
July 2: Affirmative Consent

## HIGH SCHOOL GRADES 9-12

**Session I: June 29 - July 2**  
1:30 - 3:00 p.m.

June 29: Meet & Greet (SV 101)  
June 30: Bystander Intervention  
July 1: Healthy Relationships  
July 2: Media Literacy

**COST: Free!**

Registration is required at [clevelandrapecrisis.org/campyouth360](https://clevelandrapecrisis.org/campyouth360)

**Location:** On Zoom. Links will be provided upon registration.

Each session will be run by at least two Cleveland Rape Crisis Center staff persons.  
Upon completion of the program, students will receive certification. High school students will have an opportunity to apply for our school year program, Youth 360.