

Appendix B

Typical Boys and Girls Clubs Programs

The following is a list of the types of programs that are provided by Boys and Girls Club agencies in Canada. As you will see, a Boys and Girls Club may offer a wide range of programs and services. No two Boys and Girls Clubs are identical or offer exactly the same service in the same way. Each Club provides programs and services based on the unique needs and interests of the children and youth in its community. Clubs in smaller communities might offer only a few programs, while Clubs in larger urban centres will likely provide many programs on a daily basis. For example, the Wabana Boys and Girls Club in Bell Island, Newfoundland mainly offers sports and recreational opportunities. However, in Delta, British Columbia, the Boys and Girls Club merged with a youth services agency, and now provides a full spectrum of services, including: after school recreation programs, school aged child care programs, family drop in programs, child and youth counselling services, teen drop in centres, and anger management programs.

What all Boys and Girls Clubs have in common is that they are positive and safe places where children and youth can participate in quality programs and services that promote their healthy growth and development. To achieve this goal, Boys and Girls Clubs Programs are offered in four key areas of healthy child development:

Physical Activity, Health and Safety

Child Care:

Nursery/Preschool: A drop-in program for children between the ages of 0 to 5 years of age. May include Child/Parent Centres

Day Care: Licensed full-day programs for children between the ages of 0 and 5 years. Ministry of Community and Social Services regulated.

Out of School Care: Licensed full-day program for children between the ages of 6 and 12 years. Ministry of Community and Social Services regulated.

Health/Nutrition: Programs that provide information and instruction on personal hygiene, healthy eating, active living, strength conditioning and *Meal Programs* which may include breakfast clubs, lunch programs, dinner services, etc.

Sports and Aquatics: Activities ranging from pick-up games, house leagues to tournaments; encompassing a variety of sports and recreational, drop-in swimming programs, swimming lessons, etc.

Lifestyle/Active Living: Programs that foster self-awareness and a healthy outlook on life: fitness, discussion groups, out-tripping club, etc.

Substance Abuse Prevention and Treatment: Programs aimed at education and awareness (e.g., Smart Moves, Drug Awareness Strategies). Programs that provide one-on-one counseling, intervention therapy, etc.

Leadership, Personal Growth and Development

Camping:

Day camp – Camping programs operating Monday to Friday during summer months. Residential Camp – Camping program operating around the clock with a sleep-over component. Usually operates on a weekly session.

Counselling and Mentorship: Programs aimed at supporting children and youth in the daily challenges they face. Including tutoring, homework help, stress management, etc.

Social: Small and large group programs/activities that promote socialization: dances, pot-luck dinners, trips, movie nights, etc.

Take it E.A.S.Y.: A program to deal with and overcome teen issues as well as misperceptions about teen issues.

Youth Leadership: Club developed youth leadership program for all youth members.

Keystone Club: Structured youth leadership programs chartered through the National Organization. Aimed at members ages 14 – 24 years.

Torch Club: A formal leadership program where youth can get together and talk about the Club issues that affect them.

Outdoor Activities: Nature awareness programs, hiking, orienteering, environmental awareness, etc.

Operation Secure: A program to help teach Club members how to protect themselves from crime and violence on the street, in school and at home, with special attention given to the issues of child abuse and sexual abuse.

Learning and Career Development

Alternative Education: Programs accepted by the Ministry of Education that are an alternative to day school.

Employment/Pre-Employment: Job readiness programs aimed at resume writing, job placements, training, etc.

Literacy and Computer Literacy: Programs to develop literacy and reading comprehension. Include one-on-one tutoring, reading circles, etc.

Community Services

Young Offenders, Community Service Order: Program either to place in other agencies or to accept into your own, young offenders who need to do a certain amount of community service hours.

Family/Parent Support: Programs aimed at members' parents/families: group counseling, parent workshops, etc.

Group Homes: Club-owned/operated group homes.

Independent Living: Providing programs and services that enable members and community residents to either move out on their own or continue to live independently.

Services to New Canadians: Welcome wagons, referrals to ethno-specific agencies.

Special Populations: Programs that are targeted to special needs populations and allow for either partial or full integration into all services.

Street Youth and Temporary/Emergency Shelter: Outreach programs that provide basic Club services and emergency shelter to street youth.