Let's Get Real - Healthy Relationships 101

Let’s Get Real... and discuss the things we wish people would tell us or might be uncomfortable to ask about. We will explore what it means to be in a healthy relationship, self-worth, setting your own personal boundaries, technology, the dangers of dating violence and abuse, developing healthy peer and adult relationships, and establishing healthy habits to promote overall well being.

Songwriting

Feeling curious about what it takes to make real, honest songs? Come find out! In these songwriting sessions, we will unpack different methods and strategies for making songs that not only speak from the heart but can really take a room by storm! After all, your story deserves to be heard.

Keystone Club

Keystone Club provides leadership development opportunities for Club members ages 14-18. Youth participate in activities in three focus areas: Academic Success, Career Prep, and Community Service. With the guidance of an adult advisor, Keystone Clubs aim to have a positive impact on members, the Club, and community.

Band Work

Playing an instrument, singing, and all that magic is cool, but can you play with a band? Do you want to connect with other musicians on a deeper level, develop that "pocket" or synergy with a team? Then let’s get some music under our belt with some covers, original music, or a good ol’ jam session! Don’t know anything about what it means to be in a band? Don’t worry, there’s room for you too!

iMatter - DIY Friday

After a long week of school, iMatter is the perfect way to start the weekend. Come chill at the Club for D.I.Y. projects like building a watershed or rollercoaster, paint nights, creating deep conditioners, and volunteering in the EEC room.

Rock Climbing

Central Rock Climbing Gym in Randolph has partnered with the BGCMS Brockton Clubhouse to offer up to 8 students the opportunity to safely learn how to rock climb and enjoy free gym time for 2 hours! The same teens will attend weekly for the duration of the 3 months and learn from top-notch instructors. Signed waivers and parental/guardian consent are required.
So you want to make a beat, huh? You've been listening to your favorite artists and you want to know HOW they got that "sound." Well, these production sessions are the perfect place to start! Sign up and let's talk about sampling, drum programming, melodies, and creating your own beats from top to bottom.

We understand that life can be a rollercoaster. The hardest part is that we have so much on our minds, but we don't have enough space to talk about it. Join our "Club Table Talks" and let's open up about what's really important to you and the world around us.

Have you ever asked yourself "how do I..." or wished you learned something that they didn't show you in school? This program is here to help you learn more about a variety of topics from college and careers, to financial literacy, to changing a tire, to styling your hair, and more! In "How Do I" we tackle topics that YOU are interested in. Sign up and let's explore!

As Club members ages 13-18 transition to high school, they received additional support in researching their options for the future and applying to college or trade schools, and in preparing to enter the workforce. College applications require all of your academic information -- we want to ensure our younger members have a strong foundation, and that our older members to have the support to get on the right track or stay on track. In addition to assisting members with completing college essays and applications, our staff of teen-focused youth development professionals take members on college tours and help with applying for financial aid and scholarships.

We will also address all things career-relate -- from resume building, to job searching, honing interview skills, professionalism, and more!

Move away from the computer screen and release your energy through fun, timed individual and group competitions and activities. Potential activities include cup stacking, obstacles, fitness, minute-to-win-it games, replicating popular game shows, and developing our own Brockton Clubhouse Teen Center Beat the Clock Games!
Fall 2020 Teen Program Schedule

This fall, teen programming will operate with a reduced capacity of no more than 10 participants per program block to promote social distancing best practices, and will adhere to all state guidelines. Pre-registration is required to ensure a headcount, and that safety standards are being met.

Each day will begin with an independent study space available for use from 2:30 to 4:00 PM!

### Activity Descriptions

**Music Production**

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**How Do I? - College & Career Access Edition**

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**Beat the Clock**

Move away from the computer screen and release your energy through fun, timed individual and group activities. Potential activities include cup stacking, obstacles, fitness, minute-to-win-it games, replicating popular game shows, and developing our own Brockton Clubhouse Teen Center Beat the Clock Games!

DINNER PROVIDED NIGHTLY FOR ALL REGISTERED PARTICIPANTS!

PRE-REGISTER VIA CALENDLY AT BGCMETROSOUTH.ORG/TEENS

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**Fall 2020 Teen Program Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Block One</strong></td>
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<tr>
<td>5-5:45 PM</td>
<td>Production -</td>
<td>Let's Get Real -</td>
<td>Production -</td>
<td>Let's Get Real -</td>
<td>Band Work</td>
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<td></td>
<td>Guided</td>
<td>Healthy Relationships</td>
<td>Guided</td>
<td>Healthy Relationships</td>
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<td></td>
<td></td>
<td>&amp; Songwriting</td>
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<td>&amp; Songwriting</td>
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<tr>
<td>5-5:45 PM</td>
<td>Club Table Talk &amp; How Do I? - General*</td>
<td>Keystone</td>
<td></td>
<td>iMatter Selfcare, D.I.Y. Volunteer (EEC), Chill Time activities</td>
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<tr>
<td><strong>Block Two</strong></td>
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<tr>
<td>6-6:45 PM</td>
<td>Production -</td>
<td>Let's Get Real -</td>
<td>Production -</td>
<td>Let's Get Real -</td>
<td>Rock Climbing (small group)</td>
</tr>
<tr>
<td></td>
<td>Individual</td>
<td>Healthy Relationships</td>
<td>Individual Practice</td>
<td>Healthy Relationships</td>
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<tr>
<td></td>
<td>Practice</td>
<td>&amp; Songwriting</td>
<td></td>
<td>&amp; Songwriting</td>
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</tr>
<tr>
<td>6-6:45 PM</td>
<td>Beat the Clock</td>
<td></td>
<td>How Do I? - College/Career Access</td>
<td>Rock Climbing (small group)</td>
<td></td>
</tr>
</tbody>
</table>

*"Club Table Talk" and "How Do I?" will alternate each week*
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