

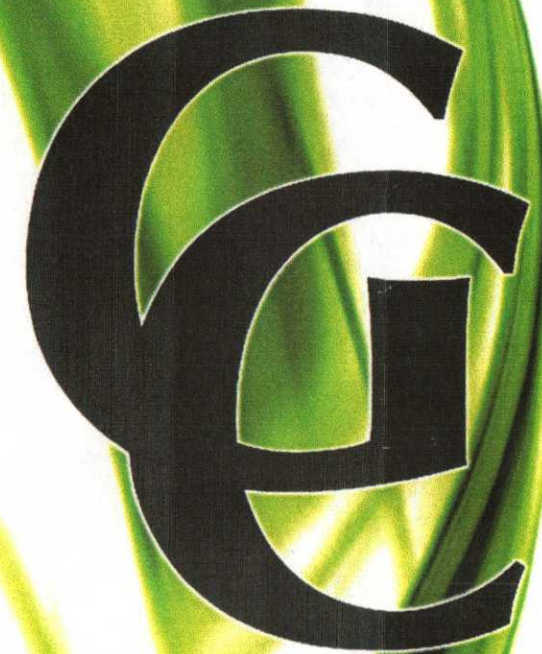
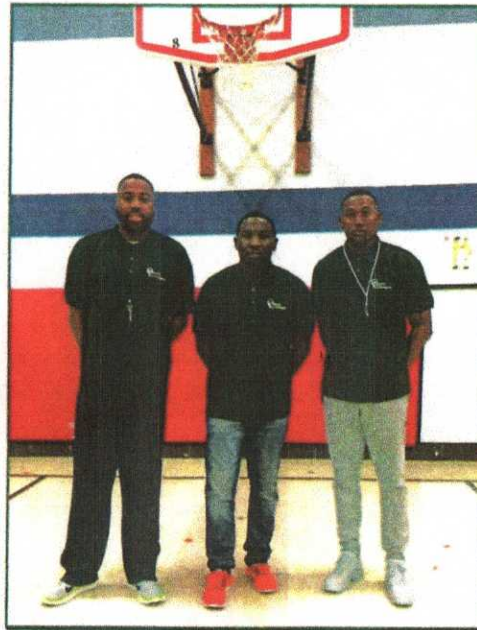
## ADULT/PARENT WORKSHOPS

- \*Public Health
- \*Adult Nutrition
- \*Self Defense
- \*Fitness Training
- \*Hobby Classes  
(Knitting, Sewing)
- \*Nutritional Snacks for Kids
- \*Finance Management
- \*Computer Training



*"Changing Lives One Day At A Time!"*

# Game Changers



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## MISSION

### GAME CHANGERS:

Mentoring to build, motivate and encourage others through positive programming and sports for students in grades 2nd – 8th grade.

We have structured activities which are led by educated men/women and professional athletes. Our athletes have played professional sports in various settings including NBA and overseas in foreign countries. Our mentors are certified in Culinary Arts, Behavioral Health, Nutritional Education, and are trained in Social Emotional Best Practices (SEL/MTSS). Our programs are geared to help mentor and develop students.

We help students challenge themselves in life, through sports, and mentoring activities.

Our programs develop young men and women by helping them to become more versed in decision making, self-importance, and life skills that are needed to challenge themselves in every aspects of their daily lives.

Program participants will develop self-esteem and self-discipline. We pride ourselves on teaching youth how to encourage one another and providing motivation and hope, which will influence them to make better daily decisions.

Our mentoring programs provide support and engagement to children and youth. We actively plan activities, that will build leadership qualities, foster better student relationships all through sports.



## PROGRAMS

### \*Mentoring

(Girls - "Just Us" & Boys - "Boys To Men")

### \*Tasty Treats

Cake Pops, Fruit & Candy Treats

### \*Arts & Crafts

### \*Flag Football

### \*Tech Team

### \*Graphic Design

### \*Boxing/Self Defense

### \*Health Awareness

### \*Basketball Skills

### \*Volleyball Skills

### \*Sewing

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