

## Zone Event

Thursday

January 16th @ 4:30pm

### Studio Stories

Storytelling is a powerful tool to entertain, to connect, and even to change the world. Come to explore what makes a story worth telling and to practice drafting, telling, and eventually recording a story of your own. January 27th at 4pm

### Language of Lyrics with Sara

Join Sara in the music studio and take a deeper dive into what your favorite songs lyrics are really saying. January 13th at 4pm, and 22nd at 3:30pm.

### New Food Friday

Sample new foods, learn fun simple recipes, and explore local farmer's markets. January 17th at 11:30am.

### LBGTQ Advocacy

Join Avi from Women's Center and Shelter to discuss safe and accessible spaces where women and gender diverse individuals within the LBGTQ+ can receive emotional support and advocacy. Tuesdays at 2pm.

### Safety Plans with Maddy

Take part in the social norm of the 412 Youth Zone through learning about safety plans. This group will help guide you to identify your own safety plan to carry with you always. See Youth Coach Maddy to sign-up and for more info. January 8th at 5pm.

### News You Can Use

What we read and watch on the news can have a big impact on our perspective, but not every source is equal. How can we identify bias in the news and distinguish between facts, opinions, and outright misinformation? Join us to unpack a news story and discuss what it all means. January 15th at 12pm, and 21st at 2pm.

### Therapy Dogs International

Come pet a playful pup! Volunteers from Therapy Dogs International will be in the Youth Zone throughout January to provide youth with the opportunity to engage with their trained therapy dogs. Make a fluffy friend on January 6th at 5:30pm, 18th at 12:30pm, 25th at 12:30pm, 27th at 5:30pm, or 30th at 5:30pm.

### Keepin' It Real with Shawna

This monthly group focuses on creative problem solving and tackling issues that youth face everyday. January 13th at 5pm.

### Lash Out!



Lash Out with Hopi and Lauren. This program highlights proper make-up practice and application. January 9th at 1:30pm.

### Group with Sara

Feeling stressed? Have problems you'd like to work through? Group is a perfect opportunity to do so in a safe environment. January 2nd at 3:30pm.

### Book Club

Interested in reading & discussing books? Join us at the Youth Zone Book Club.

**Current Book:** *How to Make Friends in the Dark*

**Dates:** January 3rd, 17th, and 31st at 4pm.

### Dental Clinic

Miracle Dental Associates will be at the 412 Youth Zone on Tuesday, January 28th from 11:00am to 4:00pm. Services include: dental exams, cleaning, fluoride, diagnostic x-rays and sealants. All children are welcome. Sign up sheets will be posted closer to the date of the event. For more information speak with staff at community meeting.

### Musical Mindset with Duquesne University

The 412 Youth Zone is excited to partner with Duquesne University to offer innovative programming focusing on music therapy. Sessions will be held every Thursday, beginning January 16th at 3:30pm.

### Secure the Bag with Ed. Liasons

“Secure the Bag for Education and Training.”

This interactive session informs youth on the free funds available for them to further their education. January 21st at 4:30pm

### SATURDAY FIELD TRIPS

#### January 4th: "One Team" Scavenger Hunt

An interactive scavenger hunt through downtown Pittsburgh. 12:30pm

#### January 11th: Ice Skating!

Join Youth Coach Lauren for some ice skating and hot chocolate at PPG rink! 12:30pm

#### January 18th: Warhol Museum

Youth Coach Aniyah will be leading this fun outing featuring the always wonderful world of Andy Warhol. 12pm.

#### January 25th: Wood Street Galleries

The new show: Power Pixel at Wood Street Galleries is an immersive virtual space that is sure to be fun. 12pm.

### Education Coordinator

Drop into Zone Education Office Hours to speak with the Youth Zone's Education Coordinator Michelle about meeting your education goals, from GED preparation to college searching. Office hours are on January 6th at 1pm, 16th at 1pm, 22nd at 11am, and 27th at 1pm.

### Healthy Parenting

Yahne from A Child's Place will be bringing their Healthy Parenting curriculum to the Youth Zone. This program focuses on parenting techniques, self care, and important resources. Cycle begins January 7th at 3pm.

### Positive Prevention Plus

The 412 Youth Zone is partnering with Adagio Health to offer Positive Prevention Plus. This program will consist of 14 sessions over 7 weeks and features a comprehensive evidence-based sexual health and teen pregnancy prevention curriculum. Join us for an info session on January 8th at 2pm, programming starts January 15th at 3pm and will run every Wednesday and Thursday at 3pm.

### YZ Essentials

**NEW:** Session #2 is here! Learn everything you need to know to get the most out of your Youth Zone experience! Each session earns you a \$25.00 stipend.

**Session #1: January 9th at 2pm**

**Session #2: January 23rd at 4:30pm**

**(Youth must attend #1 before attending #2)**

### Physician's Assistant, Nurse and Certified Nurse Practitioner

A UPMC (RN), (PA), (CRNP) or (MD) are available to talk about all your health care needs. Physicals can only be completed by a MD, PA, and CRNP. Monday through Thursday 11:00am to 4:00pm.