

SET YOURSELF APART

RIDE ABOVE

EMPOWERING YOUTH, BUILDING STRONGER COMMUNITIES

SEPTEMBER 12 – NOVEMBER 8, 2024

(every Thursday night from 6:00 p.m. – 7:30 p.m.)

LINDA RHOADES RECREATION CENTER

600 North Santa Fe Road, Vista

Empowering Youth to Make Positive Choices

- Mentorship: Connecting youth with positive role models.
- Education: Workshops on conflict resolution, leadership, and career planning.
- Community Engagement: Involvement in community service projects and events.

PROGRAM DETAILS:

- Program Duration: 8 Weeks
- Age Group: 9-12 years old
- Free program – no cost
- Dinner included
- Parent attendance is required in certain sessions

**TAKE THE FIRST STEP TOWARDS A BRIGHTER FUTURE.
SIGN UP TODAY!**

CONTACT:

Lieutenant Matthew Carpenter
matthew.carpenter@sdsheriff.org



SIGN UP



FOLLOW US :

@SDSHERIFF



WWW.SDSHERIFF.GOV

PROGRAM GOALS

- Promote positive peer relationships.
- Empower youth with life skills and opportunities.



WHO CAN JOIN

Age Group: 9-12 years old



ACTIVITIES & TOPICS:

- **Week 1:** Introduction— Meet our deputies, learn about the program, and play fun games.
- **Week 2:** Gang Prevention – Learn about the dangers of gangs from our Gang Enforcement Team.
- **Week 3:** Physical Wellness – Discover healthy habits with TrueCare.
- **Week 4:** Mental Wellness – Focus on mental health with PERT.
- **Week 5:** Sports Activity – Engage in fun sports drills with STAR / PAL.
- **Week 6:** Drugs/Alcohol/Tobacco – Awareness sessions with Vista Community Clinic.
- **Week 7:** RESPECT Project – Explore this vital program with a facility tour.
- **Week 8:** Graduation – Celebrate achievements with a special graduation ceremony.

PROGRAM DETAILS

- Free program – no cost
- Dinner included
- Parent attendance is required in certain sessions
- Program Duration: 8 Weeks
- www.sdsheiff.gov/community/rise-above

How to Get Involved

- Volunteer Opportunities: Information for adults interested in mentoring or supporting the program.
- Partnerships: Invitation to local businesses and organizations to collaborate.

Collaborating Partners:

- STAR / PAL
- TrueCare
- Clínica Comunitaria de Vista
- Migrant Education
- City of Vista
- North Coastal Prevention Coalition



SIGN UP



LEARN MORE

FOLLOW US :

@SDSHERIFF



WWW.SDSHERIFF.GOV