



VCU

Community Engagement

RichmondYDN

**Empowering
Resilient
Learners**

6:00 to 8:00pm

On Monday April 22nd

EMPOWERED SPACES

Youth Healing & Education Series for Educators & Youth Development Professionals



With
Dr. Cassandra Willis

On The Topic:
Empowering Resilient Learners - Navigating Challenges Through Education and Well-being

A MFYC & Minority Education Center Lecture Series



Mary & Frances Youth Center
120 S Linden St.
Richmond, VA



mfyc.vcu.edu

EmpowerED Spaces: A Youth Healing and Education Series with Dr. Cassandra Willis

Monday, April 22nd 6:00pm - 8:00pm

Empowering Resilient Learners: Navigating Challenges Through Education and well being.

Mary and Frances Youth Center

(Zoom Option)

[Register Here!](#)

International Family Day

April 19th
5:30 - 7:30 pm

Mary and Frances Youth Center
120 South Linden Street
Richmond, VA 23284

5:30 - 6:00 pm
Food and Mingle

6:00 - 7:00 pm
Informational Session
& Games for Kids!

Meet other international families at VCU, and learn about resources, opportunities, and support networks for international student families in the Richmond area! **Bring a dish to share!**

Breathe Easy! Family Night with VCU Global Education Office

Friday, April 19th 5:30pm - 7:00pm

Mary and Frances Youth Center

In collaboration with the **Mary and Frances Youth Center**, the **VCU Health Hub**, **VCU Global Education Office** and **RichmondYDN**.

Contact garlandvw@vcu.edu to register.

Upcoming **RichmondYDN** Trainings:

Financial Wellness: Saving For Your Future Self

Tuesday, April 16th 10:00am - 11:30am (ZOOM)

Exploring Mindfulness As a Tool of Self Awareness + Workplace WellBeing

Wednesday, April 17th 11:00am - 12:30pm

Health Equity and Implicit Bias in Healthcare

Thursday, April 25th 9:00am - 11:00am

Best Practices for Building Resilience for Diverse Groups

Wednesday, May 1st 10:00am - 12:00pm

An Introduction to Suicide Prevention for the Black Community

Tuesday, May 7th 11:00am - 1:00pm

Using Kintsugi to understand the impact of Adverse Childhood Experiences (ACEs)

Monday, May 20th 10:00am - 12:00pm

Contact garlandvw@vcu.edu for more information and to register.



 **VCU**
 Community Engagement
RichmondYDN

Morning Tai Chi

8:00 to 8:45am

Tuesday and Thursdays,
 March 19th to May 2nd

Mary and Frances Youth Center
 120 S. Linden Street

Free to participate, donations welcome
 To register contact garlandvw@vcu.edu

Morning Tai Chi

Tuesdays and Thursdays until May 2nd

Morning Tai Chi welcomes all who wish to begin their day by easing stress and reconnecting with their bodies and breath through gentle, deliberate, and grounded movements.

Located at the Mary and Frances Youth Center



Breathe easy! Parent Night: On The Record with Mikemetic

Friday, May 10th 6:00pm - 8:00pm

"On The Record" is a hands-on, S.T.E.A.M. informed art and design workshop that uses traditional architectural and design tools to make unique, cross-color geometric designs on vinyl records. Hosted by **StayRVA** and **RichmondYDN**

This event is open to all RPS parents. (Workshop limited to 25 registrations.)

Materials, youth sports activities/childcare (ages 5+) and food provided.

No skills or experience required.

Contact garlandvw@vcu.edu for more information and to register.



Tell your policy
and decision-
makers to save
afterschool
programs!

Contact your
legislators today!

Help us take action!



Contact your legislators today!





**MARY AND FRANCES
YOUTH CENTER
SUMMER
CAMP**

June 10- Aug 9, 2024
Registration dates:
Early Bird Feb 12- Mar 15 \$250
Mar 16- May 15 \$275
Just in Time May 16- June 16 \$300




FUN

Tennis
June 10-14: Rising 3rd-6th grade
(Young Aces Open)
June 17-21: Rising 5th-8th grade
June 24-28: Rising 7th-9th grade

Stem in Sports
July 8-12: Rising 3rd-5th grade
July 15-19: Rising 5th-8th grade

Multi Sports
July 22-July 26: Rising 3rd-5th grade
July 29-Aug 2: Rising 5th-7th grade
Aug 5- aug 9: Rising 7th-9th grade

CONTACT DANINELLE DERRICOTT, PROGRAM COORDINATOR
804.613.8751
DERRICOTT2@VCU.EDU
120 S. LINDEN ST., RICHMOND, VA 23284



**MARY AND FRANCES
YOUTH CENTER**

**RISE UP
Enrichment
PROGRAM**

GRADES: 4-8
REGISTRATION:
Option A: \$200 for 8 weeks 1/17-3/15 with the option to continue through May. Total for all 16 weeks-\$400 if paid in two installments.
Option B: \$350 for all 16 weeks if paid in full!

SCHOLARSHIPS AVAILABLE click here!



Scan this code to register

FOCUS
STUDY SKILLS/TUTORING
FITNESS AND WELLNESS
MENTORING/LIFE-SKILL COACHING
SPORTS TRAINING

CHARACTER BUILDING TEAMWORK LEADERSHIP

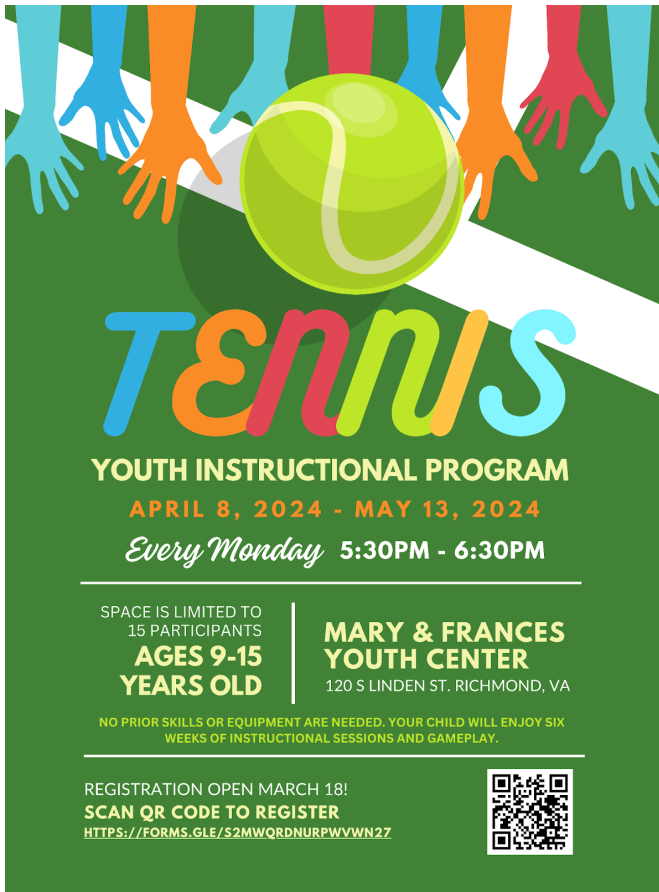
**DATES: JAN 17- MAY 8, 2024
WEDNESDAYS 4-6PM**

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120 S. LINDEN ST., RICHMOND, VA 23284

MFYC Summer Camps!

Summer 2024 Camp Registration!

Contact derricott2@vcu.edu




TENNIS
 YOUTH INSTRUCTIONAL PROGRAM
 APRIL 8, 2024 - MAY 13, 2024
 Every Monday 5:30PM - 6:30PM

SPACE IS LIMITED TO 15 PARTICIPANTS
AGES 9-15 YEARS OLD

MARY & FRANCES YOUTH CENTER
 120 S LINDEN ST. RICHMOND, VA

NO PRIOR SKILLS OR EQUIPMENT ARE NEEDED. YOUR CHILD WILL ENJOY SIX WEEKS OF INSTRUCTIONAL SESSIONS AND GAMEPLAY.

REGISTRATION OPEN MARCH 18!
SCAN QR CODE TO REGISTER
[HTTPS://FORMS.GLE/S2MWQRDNURPWVWN27](https://forms.gle/S2MWQRDNURPWVWN27)




RichmondYDN brings together people who are working in out-of-school time, youth development, and education to promote high-quality youth programs as well as social, emotional learning tools for adults.

Mary and Frances Youth Center
Division of Community Engagement
Virginia Commonwealth University
 120 South Linden Street. Richmond, VA 23284

UNWAVERING