

RichmondYDN

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

Early Spring Workshops

Financial Wellness Part 1 of 3: Finding Balance Between Budgeting and Saving Tue Feb 20th 10:00am - 11:30am. (ZOOM)

Mindful Communication For Relationship Building Wed Feb 21st 11:00am - 12:30pm

How to Talk With Youth About Race & Equity Thu Feb 22nd 10:00am - 12:00pm

Mindful Communication For Asking For Support Wed Mar 13th 11:00am - 12:30pm

Breathe easy! Parent Night with BareSoul Wellness Fri Mar 15th 6:00pm - 8:00pm

Financial Wellness Part 2 of 3: Building and MonitoringYour Credit Tue Mar 19th 10:00am - 11:30am. (ZOOM)

<u>Teachable Moments Series:</u> <u>Long-Term Approaches for Organizational Inclusion</u> Wed Mar 20th 3:00pm - 5:00pm

<u>Creating an Inclusive Organization</u> Fri Mar 22nd 10:00am - 12:00pm

Visit the **RichmondYDN** calendar.



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MFYC Events and Programs

EmpowerED Spaces: A Youth Healing and **Education Series**

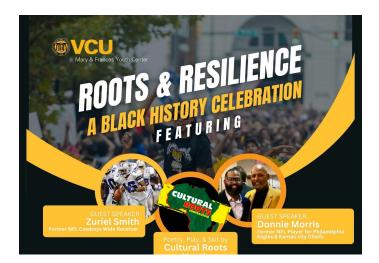
Guest Speaker: <u>Kim Young</u> **Monday Feb 26th 6:00pm - 8:00pm** Topic: **Moral Injury In Heart Work** Hosted at the Mary and Frances Youth Center with a Zoom broadcast. <u>Click here for more Information</u>. <u>Register Here!</u> Sponsored by the <u>VCU Mary Frances Youth Center</u> & <u>Minority Education Center</u>



EmpowerED Spaces: A Youth Healing and Education Series aims to empower educators and youth development professionals in creating spaces where youth can engage in transformative learning experiences while also addressing and supporting emotional well-being. Speakers recognize the interconnectedness of education and healing, aiming to empower youth to navigate challenges, thrive in their educational journeys, and cultivate resilience for a brighter future.

Roots & Resilience, a Black History Celebration: MFYC Celebrates Black History Month

Click here for more information. Register Here!





Positive Youth Development Seed Funding Request For Proposals 2024

We are making seed funding of \$2,000 available to promote youth development and/or training opportunities for youth educators.

Click here for more information and to apply.



POSITIVE YOUTH DEVELOPMENT SEED FUNDING 2024

REQUEST FOR PROPOSALS!

Mary and Frances Youth Center Division of Community Engagement

Office of the Provost

The purpose of this grant request for proposals is to allocate funding to community partners and organizations for the purpose of enhancing and expanding programs at the **Mary and Frances Youth Center** (MFYC).



The purpose of this request for proposals is to allocate funding to community partners and organizations for the purpose of enhancing and expanding programs at the Mary and Frances Youth Center. The aim of the seed funding is to strengthen the bond between the community partners, the youth, and the Mary and Frances Youth Center, creating lasting impacts and enriching experiences for all involved. <u>Watch the announcement video.</u>

This is Kindness Week!

#RAKWeek is February 11-17, 2024! Random Acts of Kindness Week is the

perfect time to #MakeKindnessTheNorm by sharing your stories of kindness along with making a big impact through small acts. See what a difference a small act can make. <u>RAKFoundation</u>

- Day 1: Sunday Kindness Starts with You
- Day 2: Monday Spreading Joy in the Community
- Day 3: Tuesday Kindness in the Workplace
- Day 4: Wednesday Valentine's Day 🧡
- Day 5: Thursday Kindness in School
- Day 6: Friday Cultivating Kindness in Relationships
- Day 7: Saturday Random Acts of Kindness Day #RAKDay

Contact Us: <u>Mary and Frances Youth Center</u>, <u>Division of Community Engagement</u> <u>Virginia Commonwealth University</u>





