



VCU

Community Engagement

RichmondYDN



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.

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 Monitoring Your Credit](#)

Tue Mar 19th 10:00am - 11:30am. (ZOOM)

[Teachable Moments Series:](#)

[Long-Term Approaches for Organizational Inclusion](#)

Wed Mar 20th 3:00pm - 5:00pm

[Creating an Inclusive Organization](#)

Fri Mar 22nd 10:00am - 12:00pm

Visit the [RichmondYDN](#) calendar.

VCU MARY AND FRANCES
YOUTH CENTER



RISE UP Enrichment PROGRAM

GRADES: 4-8

REGISTRATION:

Options A, B, C for 8 weeks (17-9/24) with description to continue through
May. Fee for all 16 weeks (4/15-9/24) if paid in two installments.
Options D, E for 16 weeks (1/15-9/24)
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

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

Contact derricott2@vcu.edu or
muellermr@vcu.edu

MARY AND FRANCES YOUTH CENTER SUMMER CAMP

June 3- Aug 9, 2024
Registration dates:
Early Bird: June 12- May 15: \$250
Late: May 15- 9/275
Just in Time: May 16- June 30: \$300

Tennis
June 9-9: Rising 1st-2nd grade
June 10-14: Rising 3rd-4th grade
June 17-21: Rising 5th-6th grade
June 24-28: Rising 7th- 8th grade

Stem in Sports
July 9-12: Rising 3rd-5th grade
July 15-18: Rising 6th-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- 8th grade

*Registration is limited to 25 campers per week

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MFYC Events and Programs

EmpowerED Spaces: A Youth Healing and Education Series

Guest Speaker: [Kim Young](#)

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.

[Click here for more Information.](#) [Register Here!](#)

Sponsored by the [VCU Mary Frances Youth Center](#) & [Minority Education Center](#)



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!](#)



Youth

Join us in Honoring the Past, Celebrating the Present, and Inspiring the Future at the **Mary and Frances Youth Center at VCU**

**THURSDAY
FEBRUARY 29th
6:00PM – 8:00PM**

**120 S Linden St
Richmond, VA 23220**

SCAN QR CODE TO REGISTER

FOR QUESTIONS & TO RSVP, EMAIL:
derricott2@vcu.edu

@VCU_MFYC **MFYC.VCU.EDU**

- Refreshments
- Former NFL Speakers: Zuriel Smith & Donnie Morris
- Play & Poetry by Cultural Roots Co-op Youth

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)**.

Scan to Watch the Announcement Video!



<https://mfyc.vcu.edu/>

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. [Watch the announcement video.](#)

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. [RAKFoundation](#)

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:

[Mary and Frances Youth Center,](#)

[Division of Community Engagement](#)

[Virginia Commonwealth University](#)

