



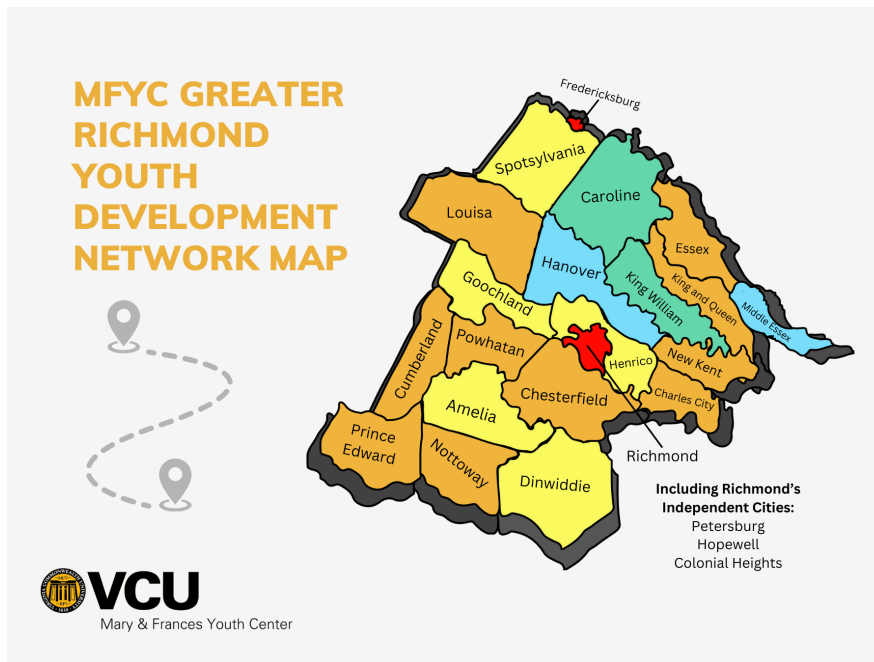
**VCU**

Community Engagement

**RichmondYDN**

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# New MFYC Murals, RichmondYDN Spotlight, Morning Tai Chi and Restorative Sports



## Upcoming Spring Training

### Mindful Communication For Relationship Building and Asking For Support

Wednesday, March 13th. 11:00am - 12:30pm

### Restorative Circles Through Sports

Tuesday March 19th 9:00am - 3:00pm

### Financial Wellness Part 2 of 3: Building and Monitoring Your Credit

Tuesday, March 19th. 10:00am - 11:30am (ZOOM)

### Teachable Moments Series: Long-Term Approaches for Organizational Inclusion

Wednesday, March 20th. 3:00pm - 5:00pm

### Creating an Inclusive Organization

Friday, March 22nd. 10:00am - 12:00pm

### Teachable Moments Series: Understanding Bias and Prejudice

Monday, April 8th. 3:00pm - 5:00pm

### Financial Wellness Part 3 of 3: Saving For Your Future Self

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

### Teachable Moments Series: Building Resilience for Diverse Groups

**Building Resilience for Diverse Groups**

Wednesday, April 24th. 3:00pm - 5:00pm

**Health Equity and Implicit Bias in Healthcare**

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

**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

**Visit the full calendar and register.**

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# Breathe Easy!

Parent Night: Mindfulness for Moms with BareSoul Wellness

Join us for a night of reflection, movement, mindfulness, and community building.

OPEN TO ALL RICHMOND PARENTS. Materials, youth sports activities/childcare (ages 5+) and food provided.

MFYC.VCU.EDU



FRIDAY, March 15, 2024

6:00 PM - 8:00 PM

120 S Linden St. Richmond, VA

Brought to you by Mary & Frances Youth Center, RichmondYDN, & Unbreakable Minds

RichmondYDN

For Questions & To Register, email: [garlandvw@vcu.edu](mailto:garlandvw@vcu.edu)

## Breathe easy! Parent Night

Friday, Mar 15th  
6:00pm - 8:00pm

with



# 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](mailto:garlandvw@vcu.edu)

## Morning Tai Chi

Tuesday/Thursdays,  
March 19 to May 2

8:00 to 8:45

@

Mary and Frances Youth Center

Led by Matthew Thornton

Participation is free, donations welcome.



Join in celebrating the beautiful new MFYC murals by **Justice Dwight!**



**LaDesha Batten** is our first RichmondYDN Spotlight!





## **Listen to Spotlight**

<https://youtu.be/PhOQiRy01Lc>

### **EmpowerED Spaces returns with Michael Hemphill**



**Monday, Mar 18th. 6:00pm - 8:00pm**

**Topic:** *Integrating Restorative Justice in Youth Development Programs*

[Click here to register](#)

**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.

[Dr. Michael A. Hemphill](#) is an associate professor of Kinesiology at UNC Greensboro. His scholarship focuses on youth development in a variety of physical activity contexts. His recent research has examined the use of restorative justice practices in youth sport settings, which resulted in the development of a model called "Restorative Youth Sports." Dr.

Hemphill's scholarship emphasizes the values of community engagement, and he has worked with community partners through the USA and in several other countries to advance the use of restorative youth sports.

**Sponsored by the VCU Mary Frances Youth Center, VCU Minority Education Center and [RichmondYDN](#)**



Join Michael for a one-day workshop,

**Restorative Circles Through Sports.**

**Tuesday March 19th 9:00am - 3:00pm**

*Register Now!*



**RESTORATIVE SPORTS FOR YOUTH**



**WHEN:** MARCH 19TH  
**TIME:** 9:00AM-3:00PM  
**WHERE:** MFYC 120 S. LINDEN ST  
**WHAT:** RESTORATIVE CIRCLES THROUGH SPORTS  
**WHO:** DR. MICHAEL HEMPHILL  
**COST:** FREE & LUNCH IS PROVIDED  
**TARGET AUDIENCE:** HPE TEACHERS, COACHES, & ATHLETIC DIRECTORS.  
 ANYONE WHO WORKS WITH YOUTH IN AN ACTIVE SETTING IS WELCOME!



REGISITER USING THIS LINK OR SCAN THE QR CODE ABOVE      EMAIL [MUELLERMR@VCU.EDU](mailto:MUELLERMR@VCU.EDU) WITH QUESTIONS



**MARY AND FRANCES YOUTH CENTER SUMMER CAMP**


Registration dates:  
 June 3-7 Rising 1st-2nd grade \$250  
 Early Bird: June 10-14 Rising 3rd-5th grade \$275  
 Regular: June 17-21 Rising 6th-8th grade \$300  
 Last Day: June 24-28 Rising 9th-10th grade \$300

**FUN**

<b>Tennis</b> June 3-7 Rising 1st-2nd grade June 10-14 Rising 3rd-5th grade June 17-21 Rising 6th-8th grade June 24-28 Rising 9th-10th grade	<b>Stem in Sports</b> July 8-12 Rising 1st-5th grade July 15-19 Rising 6th-8th grade	<b>Multi Sports</b> July 22-July 26 Rising 3rd-5th grade July 29-Aug 2 Rising 6th-7th grade Aug 5-aug 9 Rising 7th-9th grade
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\*Registration is limited to 25 campers per week

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



**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/S2MWQR0NURPWVWZ7](https://forms.gle/S2MWQR0NURPWVWZ7)



# TENNIS LESSONS

**PRIVATE OR  
SMALL GROUP**

MARY AND FRANCES YOUTH CENTER

individual lessons = \$60 per hour  
Semi-private lessons up to four people = \$140 per hour  
Four one hour private lessons = \$200  
Four one hour semi-private lessons = \$480



**SCAN THE  
QR CODE TO  
LEARN MORE**

email : [muelterm@vcu.edu](mailto:muelterm@vcu.edu) with questions

**USTA CERTIFIED COACH**



[HTTPS://MFYC.VCU.EDU/TENNIS-LESSONS/](https://mfyc.vcu.edu/tennis-lessons/)

