

COMMUNITY PARTNERSHIPS & EVENTS

The DYC partners with numerous local organizations and businesses to provide community events and services to Dedham youth and families.

DYC/DSQ COLLEGE FAIR BLOCK PARTY:

The Dedham Square College Fair Block Party is held throughout the town square and features over 50 Colleges from New England and beyond, plus fun events, such as live music, guest speakers, face painting, games, and specials from local merchants. This event encourages teens, kids and parents to have dialogue and conversations about college.

DEDHAM 50 DAYS OF FITNESS FUN:

50 Days of Fitness Fun includes 50 straight days of physical activities, nutrition classes and mental health workshops facilitated by Dedham individuals, organizations and businesses that are offered to all youth and families in Dedham.

NORTH STAR RAMBLE:

The North Star Children's Ramble is a one-of-a-kind literacy-themed sporting event for kids ages 4-12. There are five age-specific races ranging from the 50 yard dash to 500 yard dash. The event also includes a coloring contest for runners and non-runner audience participants. Like its "parent race," James Joyce Ramble, the North Star Ramble creatively mixes sports and the arts together by tying into Dedham author **Peter H. Reynolds'** book, *The North Star*. The North Star Children's Ramble offers prizes, free samples, and contests, including certificates and ribbons for all who run.

JOG FOR JOBS:

Jog for Jobs is an event where community organizations, businesses and residents jog laps around the Dedham High School track in awareness and sponsorship of summer paid internships for Dedham Youth. The event also includes live music, DJ, fashion show, etc. Through this event, we are able to provide more summer paid internships to teens.

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FAMILY GRATITUDE 5K TURKEY TROT:

This family friendly 5k is becoming a new family tradition on Thanksgiving. Sponsored by *Ripples of Hope*, the proceeds from this 5K benefit the Dedham Food Pantry and DYC College Bound Program.

DYC HOLIDAY GIFT GIVING:

For decades, the DYC has assisted families in need during the Thanksgiving and Christmas Holiday seasons. Through our numerous charity events ("Rocking the Stocking") and partnerships with community organizations, we are able to assist hundreds of family with turkey baskets, gifts, clothing and toys on a yearly basis. We work with the Dedham Housing Authority and School Adjustment Counselors to identify families in need. Families may seek assistance directly from the DYC as well.

BATTLE OF BANDS CONTEST:

In partnership with the Dedham Cultural Council and Band-Gig School of Music, local teen bands get a chance to "rock out" and compete for this annual award.

COMMUNITY SERVICE:

The DYC develops and offers numerous Community Service projects throughout the year. We also volunteer with youth at numerous community events. Some of these events include:

- 4CS for Kids Day
- Dedham Dancing with The Stars
- Party in Pink Zumba Day
- Relay for Life
- National Night Out
- Meals on Wheels
- Dedham Food Pantry
- Ride for Food
- Solid Body Fitness/Cops for Cancer Benefit
- Harvesting Seeds of Hope
- Trunk or Treat
- Dedham Community House Fall Fair
- Parks & Recreation Dedham Day



Mission Statement

The Dedham Youth Commission is dedicated to providing educational, socioemotional, recreational and health programs and services to the young people of Dedham. We have proudly served the youth and families of Dedham for over 45 years.



YOUTH COMMISSION SERVICES

Clinical Services: Free confidential individual and group counseling is available from our trained and committed licensed clinician. We accept self-referrals along with referrals from parents, schools, courts, and other professionals. If for any reason we cannot be of support, we provide referrals to organizations with the resources to be of assistance.

Our clinician has extensive experience in the facilitation of groups and feels that group counseling offers a unique opportunity to provide support and personal insight for teenagers. Our groups have focused around various issues such as self-esteem, drug/alcohol issues, social skill building, decision making, and familial problems.

Parent and Guardian Consultation: Free confidential support and education for parents and other adults raising children 4-18 years old is also available through our licensed clinician.

Social Services/Referrals: The Youth Commission provides referral, advocacy, and/or direct assistance for teens and families. We serve as a center for all types of referrals. When a person contacts the Dedham Youth Commission, our clinician will gather intake information and link each individual to resources within the community. The DYC has relationships with and knowledge regarding numerous outside agencies and programs including outpatient facilities, various support groups (including those pertaining to drug and alcohol addictions), rape crisis centers, domestic violence clinics and shelters, and psychiatric inpatient facilities. In addition, referrals for teen employment, academic assistance, and programs that promote psychological development can be provided through the Dedham Youth Commission.

PROGRAMS

RISE: RISE is a three-week summer program designed to prepare rising 9th graders academically and socially for high school, college and careers.

COLLEGE BOUND: College Bound is a three-week summer program primarily for low-income and/or first generation Dedham Middle School students who are currently in Grade 7 and entering Grade 8 in the Fall. The goal of College Bound is to excite students about college, expose them to various careers, encourage them to become leaders in their communities and equip them with healthy decision-making skills.

BEAT: Be A Tutor BEAT is a peer tutoring/mentoring program designed for high school students and Oakdale/Avery elementary students. It is a weekly opportunity for high school students to tutor and mentor Oakdale/Avery Elementary students. It is a great way to give back to the community, increase leadership skills and fulfill community service hours.

NFTE (Network For Teaching Entrepreneurship): NFTE is an enrichment program that teaches teens how to develop and implement a business plan. All participants present their plans at an annual dinner event and prizes are awarded by local businesses.

DJ CLUB: The Dedham Disc Jockeys is an after-school club designed to teach youth the fundamentals of being a Disc Jockey. Participants volunteer their time to deejay several middle school and high school dances, as well as many fundraisers in town.

TOM CLINTON COMMUNITY SERVICE AWARD: Tom Clinton proudly served as the Director of the DYC for over 40 years. In his honor, this annual community competition encourages teams of youth to develop and facilitate community service projects that are original, creative and have a big impact on the Dedham community.

ELL CLUB: The ELL Club serves youth who are English Language Learners and/or new to the country. They attend field trips, conduct community service projects, and participate in various workshops throughout the year.

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