

Northern Middlesex YMCA Training and Consultation Service

The YMCA training and consultation services provide after school programs in Middlesex County with opportunities to invest in quality. The Middlesex YMCA has over 25 years of experience providing after school programs in the community. The YMCA employs a team of after school and youth development professionals who are available to provide onsite training, program evaluation, accreditation support, and consultation.

These free services are funded through a grant from the Middlesex United Way.



**Quality After School Matters!
Invest in Quality and Make
a Difference in your Community**



Middlesex YMCA **AFTER SCHOOL** Training & Consultation Services



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*A Community of Caring People Who Support Families,
Build Character, and Promote Wellness*

After School Training and Support Services

Supported by a grant from the Middlesex United Way, the YMCA provides a wide variety of services to organizations that serve youth during out of school hours. The YMCA assists after school programs in building capacity and enhancing quality,



Promoting the arts in After School.

with services that includes consultation, staff development, onsite programming, and a challenge ropes course. The YMCA works with individual programs across the county to address specific needs and desired outcomes. After School matters and the YMCA wants to support your effort to make a difference in your community!

AFTER SCHOOL TRAINING AND CONSULTATIVE SERVICES CONSULTATIVE SERVICES:

- Best Practice Guidelines for CT After School Programs
- NAA Accreditation
- Building partnerships with community stakeholders
- Curriculum development
- Outcome measurements
- Developing links to learning
- Licensing regulations
- New program development

STAFF DEVELOPMENT AND TRAINING:

- Positive discipline
- Program environment and room set up.
- Group facilitation skills
- Curriculum development
- Enrichment clubs and learning centers
- Active games, fitness, and sports
- Working with parents
- Best practice guidelines
- Child development
- Supervision and leadership

TEAM BUILDING AND COOPERATIVE GAMES:

- Onsite workshops with staff to introduce cooperative games and community building activities.
- Facilitation and group process skills for program staff

HIGH AND LOW ROPES CHALLENGE COURSE:

Youth serving programs who have participated in onsite cooperative games can register for a ½ day outing at Camp Ingersoll in Portland. This special program will be a great way to celebrate community building success at your program. Youth will engage in high and low ropes team building and youth development initiatives facilitated by Camp Ingersoll staff.

SELECTING AND SCHEDULING SERVICES:

After School Programs in Middlesex County are eligible to receive services. To arrange for services, please complete the application form and send by mail or fax to the address and contact person listed on the application. Your program will be contacted shortly thereafter to arrange for services.

FEES:

Services are free to participating agencies. We are requesting that programs receiving services participate in the Middlesex County After School Network.

HOURS AVAILABLE:

Services can be arranged at a mutually convenient time and date.

CONSULTATION AND STAFF TRAINING:

Each organization can receive up to ten hours of consultation and/or training selected. Organizations with multiple programs may be eligible for additional hours of service.

ONSITE TEAM BUILDING AND COOPERATIVE GAMES:

Youth programs are eligible for three hours of onsite workshops and an additional 2 hours of staff training.

CHALLENGE ROPES COURSE:

Participating youth programs are eligible for two 4 hour team challenge ropes program at Camp Ingersoll. Dates are seasonal and may be limited.



Building Character, Confidence, and Collaboration

Application Form:

Request for Service

Requested Date Requested Time

- Staff Training
- Consultation
- Onsite Cooperative Games
- Cooperative Games Training
- Challenge Ropes Program
- Other

Program Name

Contact Person

Address

Phone & Fax

Email

Please describe your specific request for service. Include number of participants, desired outcomes, and any information that will help guide our planning.

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