

CLICK

**Learn. Volunteer.
Work. Play.**



**FOR STUDENTS AT
LAWRENCE HIGH**



“What do I want to do when I graduate? How do I know? How do I decide?”

Don't worry. You don't have to decide right now. But you should be thinking ahead — making choices *now* to help you make those decisions *later*.

Step #1: Get ready.

To understand how the world outside of high school works, you need to experience it while you're still a student — in a part-time job or as a volunteer.

“Click” has agencies ready to help. Some offer job readiness workshops and job search assistance; others are looking for volunteers. And all are eager to hear from you.

You need to get ready academically, too. Choose hard courses. Read, read, read. Earn good grades. What is everyone — employers, colleges and technical schools, the military — looking for? Students with strong reading, writing, math, and computer skills.

Step #2: Get help.

When you're ready to make a decision about college or career, you'll face a maze of choices.

“Click” has organizations to help with all of that, too, as well as some that offer tutoring, special classes, test prep courses, and expert advice on applying to college and finding financial aid.

Read on.

Interested in a listing? Go to its website and “click” around for all the details. Call, email, and/or drop by to get more information.

And remember: Every listing in “Click” is free or low cost (or has scholarships), and staff can answer your questions in English and Spanish.

Good luck!

Arlington Community Trabajando (ACT) Volunteer & Participate

ACT offers two great opportunities for teens.

During the school year, you can volunteer in its Arlington neighborhood office: manage the phones, assist with programs, work on ACT's annual holiday party, do whatever is needed.

Then next spring, you can apply for ACT's Youth Leadership Program, a six-week summer program for 14-17 year olds in high school (and 17-22 year olds not in high school).

You'll get valuable “soft skills” job training, take workshops on topics like financial literacy, and get real practice in community organizing.

And you'll earn money: \$500 for 14-17 year olds, \$8/hr for 17-22 year olds.

Learn more ...

ACT

530 Broadway, 3rd floor, Lawrence
(978) 685-6274

Ana Luna, Executive Director
aluna@actinc.org
actinc.org/
facebook.com/actinc.org

Boys & Girls Club of Lawrence (BGCL) Get Help, Learn More, Hang Out

For just \$30, you can join BGCL and get a whole year of great programs: work with a tutor (or be a tutor), be matched with an adult mentor, find homework help in any subject, use the club's computers, even do community service with other teens while developing leadership skills.

When you're ready to talk about college or career, BGCL has experienced staff and volunteers to help you sort out your options, visit colleges, write your essay, get ready for entrance exams, fill out applications, even meet professionals in careers that interest you.

All in one place.

There's a special program, too, simulating what it's like to be a teen parent. In “Making Proud Choices,” you'll get a computerized doll that acts like a real baby: It cries to be fed in the middle of the night, for example, and doesn't stop until it is. That's real.

Just want to have fun? The computer lab offers programs in digital arts, music production, coding, movie making, robotics, and more. (Don't miss the new “Girls in Technology” program.)

The Teen Center is a good place to hang out, too, with pool table, foosball, bumper pool, and a 60” tv with comfy beanbag chairs and couches. When you need to work out, hit the Fitness Center, join a team, or go for a swim.

BGCL has two sites, with a free shuttle to take members from one to the other.

Learn more ...

Boys & Girls Club of Lawrence
136 Water St., Lawrence

Also: Beacon Boys & Girls Club
71 Duckett Ave., Lawrence
(978) 683-2747

info@lawrencebgc.com

lawrencebgc.com

facebook.com/pages/Boys-Girls-Club-of-Lawrence/132009615942

Bread & Roses Volunteer/Meal Service

Bread & Roses serves a free, full-course dinner to 150+ guests, every Monday-Thursday and Saturday. A “guest” is anyone who comes to dine, any night and for any reason, and all are welcomed with dignity and respect.

CLICK

**A publication of
Lawrence High School
Michael Fiato, Headmaster**

**70-71 North Parish Road
Lawrence MA 01843
(978) 975-2750**

lawrence.k12.ma.us/schools/lhs-campus

The nonprofit also offers free medical services, food, and essentials such as diapers and formula to families in need.

Like other organizations with a small staff, Bread & Roses relies on volunteers to do many tasks.

To volunteer for the evening meal, high school students need to come with a parent/guardian or teacher. If you can't do that, there are many other tasks you can do: help with inventory, work in the food pantry, and sort and bag items for holiday gift bags.

What else? Bake a homemade dessert (for 180 guests), organize friends to collect food and supplies, help out in the office, take part in cleaning days, even create décor for dining room tables.

Learn more ...

Bread & Roses
(978) 681-8768

breadandroses2@gmail.com
breadandroseslawrence.org
facebook.com/pages/Bread-and-Roses/260098757365423

IT'S NOT FAIR

You can't get a job because you don't have experience, and you don't have experience because you can't get a job.

Don't give up.

The experience you get from participating in a program, volunteering to help others, taking a course, even mastering a skill on your own: It all matters. You can put it on your résumé and impress that job interviewer — and everyone else, too.

[What's a "résumé"? A one-page summary of your work experience, education, skills, and interests. It's often required when you apply for a job.]

Bread & Roses Heritage Festival Volunteer

Attracting as many as 5,000 visitors, Lawrence's Labor Day festival always needs lots of volunteers to drop off flyers around the city *before* the event and hand out programs, solicit donations, take surveys, assist with workshops, and setup/cleanup *at* the event.

You can volunteer now, too, helping the planning committee get ready for *next* year's festival: September 7, 2015.

Learn more ...

Bread & Roses Heritage Festival
(978) 794-1655

info@breadandrosesheritage.org
breadandrosesheritage.org/
facebook.com/pages/Bread-Roses-Heritage-Festival/235017563285345

Children's Law Center of Massachusetts (CLCM) Legal Advice & Referrals

Although demand is high, there are few agencies that offer free ("*pro bono*") help with legal questions that affect low-income children and their families.

CLCM is one such agency: It offers legal advice, makes referrals, and takes (some) cases at no charge. The nonprofit, based in Lynn, also has training on legal topics for parents, students, teachers, and other groups.

What are most calls about? Access to educational services, rights of out-of-school children, emancipation of a minor, children and immigration, "aging out" of foster care, and consequences of juvenile court involvement.

Even if you don't need legal help, you should know your rights, and CLCM has great publications on its website — all free, all easy to download, and all in English and Spanish. Examples:

- Guide for Youths with a Green Card
- What Teens Should Know About Their Rights
- Quick Reference on School Discipline
- Community Resource Manual 2014

Learn more ...

Children's Law Center of Massachusetts

298 Union St., Lynn

888-KIDLAW8 (888-543-5298)

Hours: Monday-Friday, 9:00-5:00

Info@CLCM.org

clcm.org/

facebook.com/pages/Childrens-Law-Center-of-Massachusetts/126198730752753

Cor Unum Meal Center Volunteer/Meal Service

Seven days a week, staff and volunteers at Cor Unum — Latin for "one heart" — prepare and serve free breakfast and dinner to anyone who walks through the door. And they do so "with open hands, listening ears, and loving hearts."

You, too, can help. As a volunteer, you might greet guests, clear tables, wash dishes, inventory donations, work in the office, shovel snow, and more.

And if you can't volunteer at the Meal Center, you and your friends can donate supplies or organize a food drive. There is a long list of opportunities on its website.

The first step is to call and leave a message. Staff will call you back.

Learn more ...

Cor Unum Meal Center
(978) 688-8900

corunummealcenter@comcast.net
corunummealcenter.org
facebook.com/pages/Cor-Unum-Meal-Center/138318022895259

El Taller/The Workshop Bookstore, Café, Gallery

The city now has a lively hangout for all, in downtown Lawrence.

El Taller's got good food, great books, intriguing gallery exhibits, cool happenings — and big tables to sit with friends and talk. For hours.

Every month, there are regular events, free and open to all:

- Open Mic night, every 3rd Thursday
- Revolutionary Thinking Book Club, every 2nd Tuesday
- Story Slam competition, every 1st Thursday
- Live local music, every Friday & Saturday

There are special events, too. In the gallery this fall: "Grind," skateboard decks customized by local artists. Cool.

Learn more ...

El Taller/The Workshop
275 Essex St., Lawrence

(978) 965-4145

facebook.com/taller.bookstore
eltallerarts.com

Elevated Thought Creative Community Change (C3), Wall Speak, Scholarship

Write. Paint. Lead. Become an agent of social change through C3, Elevated Thought's 10-12 week course for 12-20 year olds. C3 is free and is offered year round.

What will you do in C3? With peers, you'll take a hard look at social issues, reflect on how they affect you and your community, and explore how to address them through the arts to bring about social change.

Check out Wall Speak, too, a free spring-summer program that pairs teens with professional mural artists to complete projects around the city. You'll spend 10 hours/week in class, 12

hours/week working with the artist — beautifying and uplifting your city through public art. [Go to Elevated Thought's very cool blog on its website for photos of recent projects.]

If you're heading for art school, ask about Elevated Thought's scholarship fund as well.

Learn more ...

Elevated Thought
15 Union St., Mill F-42G, Lawrence
(978) 420-7920
Marquis Victor, Co-Founder, President,
& Lead Teacher
info@elevatedthought.org
elevatedthought.org
facebook.com/elevatedthought

Essex Art Center

Art Classes

Do you draw, sketch, doodle? Imagine websites you'd like to create? Dream of making animated movies? You can learn and perfect these skills and others at Essex Art Center.

This fall, for example, the center offers more than 30 evening and weekend adult (16+ years old) classes, including special effects (SP-FX), digital photography, art for social change, and children's book illustration.

For 11-15 years old, the center has nine special courses, from basic drawing and portraiture to animation and digital comics.

The next round of classes begins in January, with registration starting Nov. 20. Classes are affordable, and financial aid is available. Just ask.

What else? Drop by the (free) art gallery, with always-interesting exhibitions. "Outside the Island," Nov. 21-Dec. 12, has works by five Dominican artists. And watch for details about opening receptions: They're free also and a chance to meet the artists.

Learn more ...

Essex Art Center
56 Island St., Lawrence
(978) 685-2343
info@essexartcenter.org
essexartcenter.org
facebook.com/pages/Essex-Art-Center/10150145539195596

Family Services of the Merrimack Valley (FSMV)

Sometimes all of us need a little extra help, and Family Services is there when we do, with many free, specialized programs. Some are especially for teens, and in others, teens are welcome.

- Big Friends, Little Friends: adult mentors for 6-14 year olds — to have fun, hang out, talk, and explore your interests.
- Stand & Deliver: see page 8.
- Counseling Center: counseling for individuals and families who have emotional challenges and/or substance use issues.
- SIBS: a fun pregnancy prevention and leadership program for the siblings of pregnant or parenting teens. Outdoor fun learning included!
- PREP (Personal Responsibility & Education Program): an engaging 10-week after-school program for 12-19 year olds that covers contraception, abstinence, and STDs, as well as topics such as financial literacy and life skills.
- Parenting Journey: a 12-week course for parents of children who are newborn-six years old.
- Samaritans of Merrimack Valley: suicide prevention services including a 24/7 hotline [(866) 912-4673], survivor support groups, and community education. [Coming: a support group for teens who have lost someone to suicide.]
- Siempre Papa (24/7 Dad): eight-week program for Latino fathers who want to connect more with their children.
- YEP (Young Empowered Parents): a wraparound program for pregnant or parenting teens and youth up to 24 years old.

Give FSMV a call. They really are ready to help.

Learn more ...

Family Services of the Merrimack Valley
430 N. Canal St., Lawrence
(978) 327-6600
Info@fsmv.org
fsmv.org/
facebook.com/FamilyServicesMV

Gear Up Lawrence College-Prep Program

Middle school is not too early to think about a career and college, and Gear Up starts working with students in grade 7.

But you can still apply for Gear Up in high school. If accepted, you'll take part in workshops on choosing, applying for, and paying for college (two- or four-year college or technical school). You'll go on tours of area colleges and get personal help with your college applications.

Gear Up also hosts college fairs at LHS with representatives from 100+ colleges for you to meet and talk with:

- Fall College Fair for all seniors
- Spring College Fair for sophomores and juniors (next: April 17, 2015)

Gear Up's support continues through your first year in college. And if you complete the program, you'll be awarded up to \$1,000/year in financial aid while you're in college.

And this is all free.

Drop by LHS's Gear Up office for more information.

Learn more ...

Gear Up Lawrence
LHS: #A131
(978) 975-2750 x356
Vivian Irrgang, Program Manager
virrgang@osfa.mass.edu
facebook.com/gearupma

Greater Lawrence Community Boating Row, Sail, Canoe, Kayak

Get out on the river and row in all seasons at Greater Lawrence Community Boating — and sail, canoe, and kayak all summer, from school's end to school's start. Get fit, get outdoors, learn new skills, make new friends, and have fun.

Teens 12+ years old can volunteer as Counselors in Training (CITs) and, after a few years of experience, apply for a paid position as counselor. What could be better than a job on the water all summer?

Membership: \$50/year for up to age 18. [To volunteer or work, you must be a member. Ask about scholarships.]

If you're interested in joining or volunteering, drop by the boathouse and talk with Chris, Dan, or Jed.

Learn more ...

Greater Lawrence Community Boating Boathouse: 1 Eaton St., Lawrence
(978) 681-8675
Jed Koehler, Executive Director
jkoehler@boatingprogram.com
sites.google.com/a/growing.org/boatingprogram/

Greater Lawrence Family Health Center (GLFHC) Teen Health Center at LHS

At LHS, you don't have to go far to get medical services: They are available at the GLFHC Teen Health Center, located near the nurse's office. Students can drop by anytime to make an appointment or visit the LHS nurse first for a referral.

The Teen Health Center is staffed with at least one nurse practitioner every school day, providing many of the same services you would receive at any of the GLFHC clinical sites.

The Center also has a nutritionist, a sports medicine doctor, and a mental health counselor available once a week.

- *If you are a patient of GLFHC*, you can be seen for an illness, a school physical, or any health-related need.
- *If you are not a patient of GLFHC*, you can be seen at the Teen Health Center with a referral from your primary care doctor.
- *If you don't have health insurance* or if you are new to Lawrence, staff at the Teen Health Center will explain how to enroll in Mass Health insurance so you can access services. Quickly.

Remember: *Any* LHS student can walk in — no questions asked — for information and free testing for pregnancy, STDs, HIV, or other confidential health issues. Confidential means only *you* get the test results.

Learn more ...

Teen Health Center at LHS

LHS: #A184

(978) 722-8391

Hours: Monday-Thursday, 7:30-5:00, and Friday, 9:00-4:30

Marilyn Valerio, Medical Assistant
mvalerio@glfhc.org

Mayte Regalado, Medical Assistant
mregalado@glfhc.org

Greater Lawrence Young Professionals Network (GLYPN)

Mentors & More

Made up of young professionals who want to give back to the city, the Network has set five goals, and one is to provide mentors to Lawrence youth.

GLYPN pairs members (and sometimes nonmembers) with teens who are interested in a career in the member's profession.

Mentors help their "mentees" with tutoring and other academic support, assistance in choosing and applying for college, advice on expected behavior in the workplace, and much more.

What each mentor does is matched to his or her mentee's interests and needs, but everyone participates in GLYPN's group activities, workshops, and volunteer opportunities.

If you're interested in having a mentor and being part of this network as a mentee, email GLYPN's president. And in a few years, when *you* are a "young professional" yourself, join up. Networks matter.

Learn more ...

Greater Lawrence Young Professionals Network

Francina Victoria, President

fvictoria@glypn.org

Info@glypn.org

glypn.org/

facebook.com/glypn

Groundwork Lawrence (GWL) Green Team & Volunteer

Looking for activities to build your skills, résumé, *and* community?

GWL probably has it, from community gardens for growing your own food to workshops on all kinds of useful, practical, community-building topics.

Started with support from the Environmental Protection Agency and National Park Service, GWL focuses on cleaning and greening Lawrence.

It's a good cause, with a lot to do. How can a high school student (14+ years old) be involved?

- Apply for the Green Team — a paid internship (\$8/hour) to help maintain the Spicket River Greenway and work on other hands-on improvement projects in the city. In the summer, you'll work 24 hours/week; during the school year, 20 hours/month.

GWL takes applications starting in August, January, and April. If you're interested, mark your calendar now.

- Volunteer to work at the community gardens and farm, collect samples to test water quality, help out in the office, assist with workshops, even take photos at events. To ask about volunteering, call Rosa Pina, (978) 974-0770 x7002.

You can also just take part in GWL activities, all free: the farmers market, food pantry, CSA (fresh food program), workshops, and events. There is a lot more going on at GWL than can fit here. Check it out, and the blog, too.

Learn more ...

Groundwork Lawrence

60 Island St., Lawrence

(978) 974-0770

groundworklawrence.org

facebook.com/GroundworkLawrence

Health Quarters/Lawrence Confidential Medical Services

Do you have a medical question? A problem you need advice for? Even symptoms you need checked? But you want confidential help?

If you are a full-time student, Health Quarters is an option for free and confidential services. Mass Health and most insurances are also accepted.

Health Quarter's Lawrence site is staffed with a bilingual nurse practitioner five days a week.

You can get gynecological exams, birth control, emergency contraception, sexually transmitted disease (STD) diagnosis and treatment, and rapid HIV and pregnancy testing and counseling. Just call for an appointment.

And remember, it's confidential. Only *you* get the test results. Nothing is sent to your home.

Learn more ...

Health Quarters Lawrence

101 Amesbury St., #106-7, Lawrence

(978) 681-5258

info@healthq.org

healthq.org/find-a-clinic/lawrence/

facebook.com/pages/Health-Quarters/49162565582

Lawrence Arts House Art Classes & Open Studios

A place to create art and community. A place to meet other artists. A place to think and talk and just be.

That place is here: the new Lawrence Arts House, offering "open studio" sessions Mondays, Wednesdays, and Fridays, 4:30-6:30. All are invited to come and create art, work on a creative idea, and explore a variety of artistic media in its Arlington Mills studio.

The Arts House has volunteer and internship opportunities, too, assisting with expressive arts classes for middle school students or collaborating on creative community events and projects.

Learn more ...

Lawrence Arts House

530 Broadway, 3rd floor, Lawrence

lawrenceartshouse@gmail.com

facebook.com/pages/Lawrence-Arts-House/

Instagram: @lawrenceartshouse

Lawrence CommunityWorks Movement City Youth Network, Movement Squad, Open Mic, & Teen Internships

How does an organization help make a community work? Especially in a city as large as Lawrence?

By building a network of active and engaged citizens who trust each other, solve common problems, and pledge to make their community work — together.

At LCW, it starts early, with Movement City Youth Network, an after-school creative co-op for young people 10-18 years old:

- Academic support: homework help every day after school and academic enrichment opportunities designed for college and career readiness
- Creative expression: six-week-long workshops on topics such as culinary arts, fashion design, media production, technology design, poetry, and dance
- Leadership development pathways (XPOSE): discussion groups focusing on civic engagement, cultural exploration, health and fitness, entrepreneurship, and current events
- Leading Movement Teen Internships: additional opportunities for teens 14-18 years old to earn professional development skills while building a résumé and creative portfolio to boost access to college and career pathways

MC Youth Network members who want to do more may also join Movement Squad to plan events that help build community in a fun and proactive way.

Like what? To show unity, they took part in a flash mob in Boston on the first anniversary of the Marathon bombing. [YouTube: Flash Mob “Beat as One.”]

Three times a year, Movement City hosts an Open Mic night. Next one: January.

MC's website has a lot of good information about what they're trying to do and how. To stay up to date with Movement City, check out its lively blog: movementcityvibe.com/

Being a member of Movement City is not free: For teens, it's \$10/month or \$80/year.

Learn more ...

Lawrence CommunityWorks
168 Newbury St., Lawrence
Anna Elzer, Academic Coordinator
aelzer@lawrencecommunityworks.org
(978) 722-2633

Jared Ravreby, Leadership Coordinator
jravreby@lawrencecommunityworks.org
(978) 722-2631

lawrencecommunityworks.org
facebook.com/lcworks
Instagram: @MovementCity

Lawrence Family Development & Education Fund (LFDEF) YouthBuild Lawrence- AmeriCorps

You may know about its charter school, but not about LFDEF's YouthBuild Lawrence-AmeriCorps project.

YouthBuild Lawrence is a full-time alternative school development program for out-of-school youth, 16-24, who want to earn their high school diploma or HiSET certificate (formerly GED) or who have graduated and want to improve their college readiness skills.

From February through December, four days each week, YouthBuild members take classes — academic, vocational, life skills, and more — and get career, college, and job placement counseling.

On the fifth day, as a quarter-time AmeriCorps member, they do community service, working primarily at YouthBuild's construction site building affordable housing or in the community assisting other non-profit and government agencies.

At the program's end, if they meet the requirements, they earn a high school diploma or HiSET, HBI Pre-Apprentice Construction Training Certification (PACT), OSHA Certification, and an AmeriCorps Educational Award.

The application process is competitive and includes a three-week “Mental Toughness” transformation course in January-February.

If you're interested, drop by the office on Haverhill Street and talk with Mr. Hayle.

And do it soon: They're accepting applications now for the next program, February-December 2015. Application deadline: Monday, December 22, 2014.

Learn more ...

YouthBuild Lawrence-AmeriCorps
355 Haverhill St., Lawrence
Albert Hayle,
Dean of Students & Case Manager
(978) 681-0548 x714
ahayle@lawrenceyouth.com
YouthBuild.org
facebook.com/YouthBuildUSA

WISH LISTS

Lots of nonprofits rely on donations of goods to meet clients' needs, especially agencies that serve meals, and some post their “wish list” on their website.

What do most organizations need? Essentials: food, clothing, furniture, school supplies, diapers, formula, holiday gifts, even office supplies.

Search websites for wish lists (usually under “How to Help”), pick one, then ask your friends to collect items to “grant a wish.” Every donation matters.

[What's a “nonprofit”? An organization that uses *all* the money it raises to carry out its mission and serve its clients. It does not make a profit or pay its shareholders, as a for-profit does.]

Lawrence Free Library Books & Much More

Still think a library is just about books? Think again.

At either of Lawrence's two branch libraries, you can use their computers to access a whole lot of great services: learn a new language or improve your English; get live, online homework help for any grade/any subject; take practice tests for SAT, ASVAB, and other exams; download free music (up to three songs/week); take online classes, even fun ones, like playing guitar or learning to cook; and much more.

Even better, with a library card, you can log on from home (or anywhere) to access *all* of these online services.

And it's all free. To get a library card, drop by or call either branch or talk with Ms. Maksian, LHS's librarian.

Learn more ...

Lawrence Free Library
Main Branch, 51 Lawrence St.,
Lawrence
(978) 620-3600
South Branch, 135 Parker St., Lawrence
(978) 620-3650

Lawrence General Hospital Junior Volunteer & Shadow a Professional Summer Program

Are you thinking about a medical career but not sure working in a hospital is for you? Lawrence General has two programs that might help you decide.

If you're 15-17, in high school, and *curious* about a health career, you can apply to be a Junior Volunteer.

What would you do? You might put together patient charts, greet guests in the lobby, manage Lost & Found, answer patients' call lights, enter data, and escort patients in wheelchairs. Interesting work.

And if you're in grades 11 or 12 and *serious* about a medical career, you can apply for the hospital's Shadow-a-Professional Summer Program.

That work is extremely interesting, too. In Neonatology, for example, you'll see how staff care for premature babies, give IV feedings, and teach parents how to care for them. In other departments, you might observe minor surgeries, physical therapy, emergency room responses, pharmacy techniques, and much more.

[Hint: There are more applicants for the Shadow program than openings, and your application may be stronger if you've been a Junior Volunteer first.]

Learn more ...

Lawrence General Hospital
Brenda LeBlanc, Volunteer Coordinator
(978) 683-4000 x2645
brenda.leblanc@lawrencegeneral.org
lawrencegeneral.org

Lawrence Public Schools Adult Learning Center

Do you know someone who is over 18, out of school, and wants to take classes for a diploma or HiSET certificate (formerly GED)?

Lawrence Public Schools has just the program. A whole school, actually. Its Adult Learning Center offers:

- English for Speakers of Other Languages (ESOL)
- Preparation for the HiSET Exam, taught in English or Spanish
- Computer courses

Courses — all free — are year long and offered in the morning, afternoon, or evening. When you're ready, the Adult Learning Center also has a fully staffed testing center to administer HiSET exams.

Learn more ...

LPS Adult Learning Center
147 Haverhill St., Lawrence
(978) 722-8110
Mary Giordano, Principal
mary.giordano@lawrence.k12.ma.us
lawrence.k12.ma.us/adult-learning-center

Lawrence YMCA

Get Fit, Get Healthy, & Have Fun

The Y *is* for everyone, and with hundreds of program options from academics to the arts to personal fitness, it *has* something for everyone.

There is a membership fee: For teens, it's \$90/year or \$25 for three months. Some programs also charge a program fee, but many are free with your membership.

Check out these teen programs:

- Fitness (free w/membership): bootcamp, kickboxing, Latin Rhythms dance class, Running Club, TRX suspension, Walk to Run, yoga, Zumba
- Fitness (for a fee): personal training, swimming lessons, Swim Club, track, training class, Youth Basketball League
- Health screenings/lectures (free w/membership): arthritis, dental health, back health, stress management, women's health, smoking cessation
- Music Clubhouse (free w/membership): guitar, drum, piano, and vocal lessons, lyric writing, music workshops, recording and beat making
- Teen Achievers (free w/membership): leadership program for 12-19 year olds
- Video production (free to teens)
- Youth in Government for grades 6-12 (free w/membership): learn about and experience civic activism, journalism, mock trials, government, and more

And don't miss two other Music Clubhouse programs:

- Open Mic Night at the Y, 1st Thursday of every month, 6:00
- Community Concerts at El Taller (see page 2), 2nd and 4th Friday of every month, 6:00

Wow.

Learn more ...

Lawrence YMCA
40 Lawrence Street, Lawrence
(978) 686-6191
lawrence.mvymca.org/
facebook.com/LawrenceMusicClubhouse

Lazarus House Ministries Volunteer/Soup Kitchen & Thrift Stores

Lawrence is fortunate to have so many groups offering help to those who need it. Lazarus House is one group, running a daily soup kitchen that serves "anyone who is hungry and comes to our door."

But that's only the beginning. The nonprofit also has a food pantry that helps support the nutritional needs of many families in the community by distributing 15 tons of food weekly. (Yes, 15 *tons*.)

During the winter months, the Lazarus House "soup van" takes to the streets to provide soup, sandwiches, and blankets.

Lazarus House Advocacy Services makes referrals for housing, legal aid, and medical care and provides vouchers for clothing, baby items, personal hygiene products, and household items. Three Lazarus House shelters provide housing for families in crisis, families in transition, and people living with HIV/AIDS.

With so many services and growing demand, Lazarus House needs lots of help. To volunteer on your own, you need to be 16+ years old, but younger volunteers are welcome as a group with an adult leader.

Tasks vary. You might help in the thrift store by sorting clothes and emptying donation bags or bake, clean, or do laundry for the shelter.

Call ahead to schedule your volunteer time.

Learn more ...

Lazarus House Ministries
Kelly Townsend, Volunteer Coordinator
(978) 269-5217
kelly@lazarushouse.org
lazarushouse.org
facebook.com/Lazarus.House.Ministries

Lazarus House Ministries Training/Culinary Arts & Cleaning Services

Lazarus House also offers two free workforce training programs.

Culinary Arts students receive 560 hours of instruction, which includes an internship at a local food establishment.

Training for Spark*L.E. cleaning services covers the core basics of reading, writing, and speaking English as well as life-skills, job readiness skill building, and job training.

Who's eligible? 18+ year olds who are unemployed or underemployed and who have proof of legal authorization to work in the US. For food services also: good English language skills.

Both programs are six months long; start three times each year (winter, summer, fall); and have strict requirements for attendance, punctuality, and more.

But the benefit is good training — and help finding a placement when done.

Learn more ...

Lazarus House Ministries
Iris Inirio, Employment Specialist
(978) 689-8575 x5202
iris@lazarushouse.org
lazarushouse.org
facebook.com/Lazarus.House.Ministries

Merrimack Valley Habitat for Humanity (HFH)

Volunteer/Home Building

Habitat for Humanity USA has one big goal: to eliminate poverty housing by providing affordable homeownership opportunities and access to the American Dream.

And HFH does it all with donated materials and volunteer labor.

In the Lawrence area, Merrimack Valley Habitat's volunteers have built 71 houses and rehabilitated 11 others in the last 30 years. Wow.

Do you have to have construction skills to volunteer? No: Experience is *not* necessary. Everyone is welcome, but not *all* volunteers can do *all* tasks at the build-site.

- *If you're 14-15*, you cannot be on the build-site but you can bring lunch for the build crew, organize a Nickels for Nails fundraiser, host a HFH ReStore furniture drive, or build up your business experience — and résumé — by volunteering at the ReStore.
- *If you're 16-17*, you can come to the build-site with an adult (someone 21+) and start to get your hands dirty. But you can't use power tools or stand on ladders. *Yet*.
- *If you're 18+*, you can do anything, including construction.

No matter how old you are, you can help in other ways, too. Assist in the office with marketing and social media or provide support for fundraisers and special events. You can even volunteer from home.

[What's a "ReStore"? A shop for new and gently used building materials, appliances, furniture, and home improvement items. All items are donated, with sales helping fund Merrimack Valley Habitat's projects. A good place to volunteer, a good place to shop. Where is it? 647 Andover St., Lawrence. On the web: mvrestore.org]

Learn more ...

Merrimack Valley Habitat for Humanity
Jennifer Hilton, Volunteer Coordinator
(978) 681-8858 x16

jhilton@merrimackvalleyhabitat.org
info@merrimackvalleyhabitat.org
merrimackvalleyhabitat.org
facebook.com/pages/Merrimack-Valley-Habitat-for-Humanity/265866537068

Merrimack Valley Workforce Investment Board ValleyWorks Career Center (VWCC)

The Career Center is just like a mall for job seekers: one-stop shopping for job training, workshops, counseling, and more. And all services are free.

Although VWCC serves all ages, it has special programs for 14-21 year olds who are in school or out of school, including summer jobs, career counseling, Shadow a Professional opportunities, and Job Corps.

The first step is to get a (free) membership. Drop by the Center, check in at the front desk, and sit in on a Youth Welcome Session. You'll learn about all that VWCC offers and how to get started.

Even better, go by the LHS school library any Monday or Wednesday and talk with VWCC's Jessie Abramson. Or email her. She can explain it all.

Learn more ...

ValleyWorks Career Center
439 South Union St., Bldg 2/#106
(978) 722-7000
Jessie Abramson,
VWCC Student Career Specialist
jabramson@valleyworksc.org
valleyworksc.org

MSPCA Nevins Farm Volunteer/Animal Shelter

Love animals of all kinds? Thinking about a career as a vet or vet tech? Get real experience at this local shelter.

"SOFT" & "HARD" SKILLS

Lots of job-readiness workshops for teens cover "soft skills." But what are they? And what are "hard skills"?

Soft Skills — How You Present Yourself: how to conduct yourself in an interview, dress appropriately, interact with colleagues, deal with conflict, and more

Hard Skills — What You Know: how to enter data, take an order, make change, replace stock, answer the phone, follow procedures, and more

You can't be successful in — and keep — a job if you don't pay attention to both.

- If you're 13-15: On the first and third Thursdays of every month, Junior Volunteers work 3:30-5:30. Interested? Call ahead to be sure they have openings: These are *very* popular.
- If you're 16+: General Volunteers attend orientation/training then work with either small animals or farm animals (and rotate after you've had experience).

What will you do? You might do laundry, wash dishes, help in the office, walk a dog, groom a cat, or bag hay. You might also greet visitors or help with special events. It varies.

To volunteer, apply online then call or email with any questions. [Note: It's in Methuen so you will need a ride there.]

Learn more ...

MSPCA Nevins Farm
Jolene Johnson, Volunteer Coordinator
(978) 687-7453 x8 then x6105
jjohnson@mspca.org
mspca.org/adoption/methuen-nevins/
facebook.com/mspcanevinsfarm

Notre Dame Education Center (NDEC) Volunteer/Adult Learning Center

What can a teenager offer an adult ed center? Something lots of adults don't have: computer skills.

And that's just what the Sisters of Notre Dame de Namur who run NDEC need: volunteers who can help adult students with the Rosetta Stone computer-based language learning program.

But what is NDEC?

Serving low-income, under-educated adults in Lawrence, the nonprofit offers English and Spanish language learning courses, computer skills training, citizenship tutoring classes, HiSET (formerly GED) prep, and nutrition workshops. Some courses are free, some charge a fee (\$10-\$65/course).

NDEC also has a training program for anyone who wants to become a nursing assistant or pass the state test for certification. Fee: \$610.

Learn more ...

Notre Dame Education Center
354 Merrimack St., Lawrence
Sister Mary Elizabeth,
Volunteer Coordinator
(978) 682-6441
ndclawrence.org/
facebook.com/pages/Notre-Dame-Education-Center-Lawrence-MA/96516477662

Professional Center for Child Development (PCCD) Volunteer/Organization

Children with disabilities from birth to 10 years old have a special place in Lawrence to learn, grow, and thrive.

In PCCD's school and playgroups, children get all kinds of services, while learning, socializing, and having fun.

The nonprofit also works to educate the community, including public institutions, about supporting children of *all* abilities.

Working with children requires special certifications so you can't volunteer in a classroom, but if you're 15+ years old, you can help in lots of other ways:

- Assist with special projects and events, such as the holiday party
- Put together info packets and mailings
- Serve on an event planning committee
- Help maintain the building

Do you have a special interest? Are you exploring photography as a career, for example, or curious about nonprofit fundraising? Ask PCCD if it can match your passion to a volunteer assignment.

And if working with children with disabilities interests you, PCCD's website has good, detailed information on its programs. Check it out.

Learn more ...

Professional Center for Child Development

Kelley Granahan,

Development Manager

(978) 475-3806 x222

kgranahan@theprofessionalcenter.org

info@theprofessionalcenter.org

theprofessionalcenter.org/

[facebook.com/pages/Professional-Center-for-Child-](https://facebook.com/pages/Professional-Center-for-Child-Development/323312788041)

[Development/323312788041](https://facebook.com/pages/Professional-Center-for-Child-Development/323312788041)

[Development/323312788041](https://facebook.com/pages/Professional-Center-for-Child-Development/323312788041)

Qniversity Lawrence Events, Workshops, Just Fun

"Teach What You Know, Learn What You Need to Know — Celebrating the Talent, Know-How and Awesomeness of Lawrencians" — Qniversity

Awesome.

New to Lawrence this year, Qniversity is off to a great start, with already 500+ citizens taking part in 50+ events.

What kinds of events? Whatever someone volunteers to organize and/or teach (and the all-volunteer Stewardship Circle approves).

On this fall's regular schedule: Meditation Monday, Community Education Circles (for LPS parents and teachers), Wisdom is Everywhere sessions, Financial Literacy workshops, English/Spanish Conversation Circles, and Viernes Juntos/Friday's Together.

And then there are QFlix film nights, drum circles, art classes, breakdancing, and much, much more.

Wisdom *is* everywhere.

Learn more ...

Qniversity Lawrence

50 Island St., #204, Lawrence

qniversityatlawrence.com/

facebook.com/QniversityLawrence

Raising a Reader Lawrence Volunteer/Family Reading

Are you interested in books? In children? A career as a teacher or librarian? Here's a good place to get real and valuable experience.

Raising a Reader encourages families to introduce books to children early, even to infants, with free books, read-aloud programs, and workshops in libraries, schools, day care centers, and more.

It's a small program, and volunteers are important.

If you're 14+, you can volunteer with parent permission. You might help with administrative work, set up workshops, photograph events, even interview families and children about what they're reading.

Raising a Reader asks for 10-16 hours/month of your time; if you can't do that, the group will call you for one-time projects of two-four hours each.

Where would you do this? At the Lawrence Free Library. What better place to share a love of books?

Learn more ...

Raising a Reader Massachusetts

Tasha Espendez,

Regional Program Manager/Lawrence

tasha@raisingareaderma.org

raisingareaderma.org/

facebook.com/RaisingAReaderMALawrence

Si, Se Puede Volunteer/After-School Program

Based in the Merrimack Courts complex in lower Tower Hill, Si, Se Puede — Spanish for "Yes, It Is Possible" — meets all kinds of neighborhood needs for educational, social, and economic services while working to create community.

Its popular after-school and summer program is for grades 1-8, and its graduates are eligible for Si, Se Puede's work/study program for high school students.

They work as tutors and small-group leaders for the after-school and summer program; get support in making college and career choices, as well as financial aid to pursue those choices; and get help with SAT prep, college applications, and financial aid forms.

The after-school program can always use volunteers to help with homework and lead small group activities. You'll just need to commit to one afternoon/week, 3:30-5:00.

[If you can't do that, ask your friends to help host a clothing drive: collect, sort, organize, and deliver to Si, Se Puede clean, in-season children's clothing that is in good condition. That's always needed, too.]

Interested in volunteering? Call or e-mail to set up an interview.

Learn more ...

Si, Se Puede

675 Essex St., #4-1, Lawrence

(978) 685-4074

Peg Duddy, Executive Director

ssplawrence@aol.com

ssplawrence.org/

Stand & Deliver Raytheon Mentors, Navigating the College Application Process

To graduate from high school, you need to have good attendance, good grades, *and* good scores on MCAS. To pass the state test (and apply for college), most students also need a little extra help. Stand & Deliver, well, *delivers*.

Family Services' Stand & Deliver has two programs for LHS students:

- Raytheon Mentors, Grades 9-12
Family Services matches each student with an employee mentor at Raytheon for one-to-one tutoring (on any academic subject), exam preparation, AP coursework, and MCAS test prep. Students meet with their mentors every Tuesday, 3:15-5:00, October-May, with free transportation from school to Raytheon and back. Who's eligible? All LHS students (and students from Greater Lawrence Technical School).
- Navigating the College Application Process, Grade 12
If you're a senior, come to Stand & Deliver's sessions anytime for

personal assistance with your college applications, too.

“Navigating the College Application Process” sessions are held every Thursday, 3:15-5:00, September-December, in the LHS Library Computer Lab, #A230.

Stand & Deliver has an office at LHS, too. Drop by anytime with questions.

Learn more ...

Stand & Deliver

LHS: HLD #226

(978) 327-6640

Hours: Tuesdays, 8:00-11:00, and

Thursdays, 12:00-2:00

Leah Feroce,

FSMV Mentoring Programs Supervisor

lferoce@fsmv.org

Thalia Estevez,

Commonwealth Corps Member

testevez@fsmv.org

fsmv.org/Youth-

Development/StandandDeliver.html

facebook.com/StandandDeliver.Lawrence

The Community Group – Community Day Learning Teen Parent Infant/Toddler Center at Lawrence High

The Teen Parent Infant/Toddler Center is a high-quality early childhood program serving children from eight weeks-three years old, and it’s located right on the LHS campus.

Teen parents are encouraged to call the program early in their pregnancy and put their name on the waitlist.

For more information regarding the waitlist, enrollment, and scholarships, call, email, or drop by the Center anytime.

Learn more ...

Teen Parent Infant/Toddler Center

LHS: #F113

(978) 722-8492 or (978) 273-5514

Nitza Santiago, Enrollment Coordinator

nsantiago@communitydaycare.org

uAspire College Financial Aid Advising

If you think applying for college is hard, wait till you apply for financial aid. That’s *really* complicated.

But you’ve got help here, too. Really good help. And it’s all free.

uAspire has experienced advisors to help you gather the information you need, fill out the forms, and research grants, loans, and scholarships. It’s personal, one-on-one, customized assistance. They know their stuff.

uAspire staff also hosts workshops for students and families on the financial aid process, with the most up-to-date information on federal and state regulations and laws.

The nonprofit’s website has a lot of good information, too, starting with advice for students as early as grade 7.

College may seem a long way away, but if you put in the effort now, it can really pay off later — in an affordable college education.

Like other college-prep programs, uAspire has an office on the LHS campus. Drop by anytime.

Learn more ...

uAspire

LHS: HLD #220

(978) 975-2750 x39190

Gabriela Gómez Coates,

Advisor Manager/Lawrence

gabrielag@uaspire.org

facebook.com/uaspire

Upward Bound Lawrence/ Salem State University College-Prep Program

Are you 13-19 years old? Are you willing to give four hours/week, maintain at least a C average, and work hard to get ready for (and into) college? If so, Salem State University Upward Bound may be for you.

During the school year and summer, Upward Bound organizes workshops, tutoring, and college-prep activities at LHS; develops with you a plan to improve your academic skills; and offers opportunities for you to do community service and be a mentor.

In the summer, you’ll live in a Salem State University dorm for four weeks (Sunday-Friday), taking courses and workshops, eating in the cafeteria, going on cool field trips, getting a real sense of college life.

What kind of courses? Math, laboratory science, composition and literature, and foreign language (and English language instruction, if you need it.)

Anything else? It’s all free, and you’ll earn \$40/month during the school year, \$180/summer.

Applications are on the website, and admissions are “rolling,” meaning you can apply anytime. But first complete an eligibility form: tinyurl.com/ssubp.

Learn more ...

Salem State University Upward Bound

Mona Savastano, Interim Director

LHS: #H226

(978) 722-9499

Hours: Monday-Thursday, 9:00-6:00

msavastano@salemstate.edu

Wanda Marquez, Program Assistant

LHS: #H222

(978) 722-8450

Hours: Monday-Thursday, 9:00-6:00

wmarquez@salemstate.edu

YWCA of Greater Lawrence “A Voice for Women & Girls”

The YWCA isn’t about a gym membership. Its mission is bigger: “to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all.”

And it’s been doing just that in Lawrence for over 120 years. Pretty impressive.

Services focus on domestic violence intervention and prevention for women and teens and women’s health advocacy. It also manages an emergency women’s shelter.

But the YWCA also has youth programs, including Safe Teen Dating at LHS and a Girls Center (for 5-17 year olds), as well as volunteer opportunities and summer job openings for teens.

Learn more ...

YWCA

38 Lawrence St., Lawrence

(978) 687-0331

The Girls Center: Maricelis Ortiz

(978) 687-0331 x1047

Safe Teen Dating: Susan Staples

(978) 682-3039

Volunteer and job openings:

(978) 687-0331

24-hour Rape Crisis Hotline [for anyone]:

• English: (877) 509-YWCA (9922)

• Spanish: (800) 223-5001

www.ywcalawrence.org

[facebook.com/pages/YWCA-of-](https://facebook.com/pages/YWCA-of-Greater-Lawrence/113946383745)

[Greater-Lawrence/113946383745](https://facebook.com/pages/YWCA-of-Greater-Lawrence/113946383745)

NO EXCUSES!

Several of these organizations have staff and an office right here at LHS.

- Gear Up, page 3
- Stand & Deliver, page 8
- Teen Health Center, page 3
- Teen Parent Infant/Toddler Ctr, page 9
- uAspire, page 9
- Upward Bound, page 9
- ValleyWorks Career Center, page 7

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