



Component # 1: "PALS" Classes (Positive Attitudes and Life Skills)

The PALS classes are currently being re-named Life Skills which is a mentoring/life skills class. Life Skills classes are held once a week throughout the entire calendar year. On special occasions (Valentine's Day, Christmas, etc.) the class routine breaks and seasonal parties are offered to the participants. The format of the regular Life Skills class is a group mentoring setting. Trained staff and volunteers work with the special needs of our children.

The curriculum covers subjects and skills, such as:

anger management	conflict resolution
character building	self-esteem
dealing with feelings	listening skills
handling peer pressure	decision making
goal setting	chemical dependency
responsibility	consequences

These classes are structured and monitored to provide a "safe" place for the youth to express their own feelings and share needs within their personal lives. Youth are taught to support each other in making good decisions and dealing with personal problems. As personal issues arise in the participants' lives, the LIGHTHOUSE 2911 staff assists the youth in "applying" the lessons and skills learned in Life Skills. The youth experience support from Adults and peers. The participants hold one another accountable for choices and actions. The classes are highly supervised and orderly while remaining relaxed and fun.