



CLARO & CLARA Youth Mentoring Programs

Summary

Challenging Latinos to Access Resources and Opportunities, known as CLARO, and Challenging Latinas through Awareness, Resources and Action, known as CLARA, are youth mentoring programs provided by the UpValley Family Centers to help young Latinas and Latinos build positive identities in a process of self-exploration through the lens of culture.

What is the program purpose?

We offer culturally-based youth development activities through weekly group sessions led by positive role models. Sessions are focused on developing skills related to decision-making, conflict resolution, communication, self-reflection and increasing awareness of one's cultural identity. These prevention-oriented groups foster positive connections among peers, build students' engagement in school, strengthen self-identity, and develop leadership skills.

When and where are groups offered?

The program is held on school campuses and weekly group meetings are held either during or after school. If the program is held during school-day hours, students can only attend the program at the discretion of their teachers. Participating schools are:

- Calistoga Junior/Senior High School, Calistoga
- RLS Middle School, St. Helena
- St. Helena High School, St. Helena

Who is it for?

The program is for middle and high school aged youth. Although Latinos and Latinas are our focus, we offer these programs to any students who are interested to increase cultural awareness and create an appreciation for cultural diversity and inclusion.

What themes are covered?

CLARO/CLARA participants discuss many topics over the year, including:

- Values
- Cultural norms
- Self-worth and self-expression
- Relationships
- Health and safety
- Masculinity/ Femininity
- Substance abuse
- Domestic violence
- Latin@ heritage
- Family
- Drugs/alcohol
- Problem solving

To learn more about UpValley Family Centers, visit: www.upvalleyfamilycenters.org or call (707) 942-6206 in Calistoga or (707) 963-1919 in St. Helena