

† CATHOLIC HEALTH  
INITIATIVES

## St. Joseph's Area Health Services

offers

## After School Programming

### It's all about PREVENTION!

Keep our kids busy, give them things to do, make them feel like they have a place they belong. Statistics show that kids that are active and involved, are less likely to have At Risk Behaviors such as using drugs, alcohol and tobacco. They are also more likely to have better grades and graduate from High School.

### After School Programming

St. Joseph's Area Health Services  
600 Pleasant Ave  
Park Rapids, MN 56470

For more information please call:  
Mari Jo Lohmeier at 237-5596

ST. JOSEPH'S  
AREA HEALTH  
SERVICES

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# 8TH HOUR

This program is available to all students grades 5-8.

This program is **FREE** to all students.

8th Hour is offered on Tuesdays, Wednesdays and Thursdays from 3:05-5:00.

We provide supervised activities for the kids, including:

- Dance Dance Revolution
- Nintendo Wii
- Ping Pong
- Foos Ball
- Air Hockey
- Carpet Ball
- Crafts
- Computers Lab (gaming)
- Home work tutoring
- Board Games

Students are encouraged to bring a healthy snack from home.

**8th Hour will begin on**

**Tuesday, Sept. 22**

Computer gaming will not start until Oct.

# GIRLS CLUB

Girls club is designed exclusively for girls in grades 5-8. This club is designed to help inform girls about issues that girls of this age have questions about. We try to meet the physical, social, and emotional needs of this age girl through the use of games, team builders,



crafts, lessons and small group discussions.

Girls club is a great place for girls to get together and hang out, while learning a little bit about “being a girl”. The G.I.R.L.S. club will encourage girls to be individuals, assertive, creative, responsible and to have a great self-esteem. Girls need to like themselves for who they are and what they look like.

**G.I.R.L.S. club for 5th thru 8th grade girls will meet on Mondays during the months of November, February., and April.**

*Girls Club will begin on*

*Monday, November 2nd*



# GUYS GROUP

Guys Group is a group that was designed for guys in grades 5-8. In Guys Group we tackle the craziness, issues, and struggles of being a young man. **Guys Group will meet on Mondays the months of Oct. Jan. and March.**

There will be several men from the community actively taking part in Guys Group. We also have several High School guys that will be helping throughout the school year. It is very important for young men to have several positive role models in their lives.

Guys Group is by no means a classroom setting. It is an engaging atmosphere that targets the lives of young men. Our goal is to impact these young lives, to become moral and ethical leaders as they mature into men.



**Guys Group**

*begins*

*Monday,*

*October 5th*