



**own it.**



### Y Preschool

**A full-day approach to early childhood education that combines preschool and child care into one quality program, one quality location.**

Y Preschool acknowledges and respects the uniqueness of each child. The program engages children's learning in all developmental areas, while at the same time allowing for individual differences in learning styles and encouraging creativity through play-based experiences. We agree that child-initiated play experiences give young children the opportunity to explore and practice motor, cognitive, communication, and social skills.

Children need activities for physical, social-emotional, and academic development. Y Preschool participates in Iowa's Quality Rating System and follows the Iowa Department of Education Early Learning Standards. Themes are used within the preschool classroom to facilitate the integrated learning opportunities for students.

Interest areas facilitated include blocks, library, listening, dramatic play, writing, computers, toys/manipulative, science, art, music and outdoor play. Cooking and field trips are also incorporated into the curriculum.

### Young Parent's Support Group

Join other young parents, up to age 22, on Monday evenings at the Y.

The group meets from 5:30-7:30pm. Dinner and child care are included. Meet others, learn parenting tips, have fun! Young Parents is an empowerment program designed to educate, support, connect and motivate expecting and young parents while facing the challenges of parenting. The group focuses on establishing positive lifestyles and futures for both parents and children. The program works to empower young moms by providing educational speakers and topics, such as infant/child CPR, finding child care, what to know before sending child to preschool and much more. One of the weekly meetings per month is held at the Y's Party Room for dinner and followed by family swim in the recreational pool. Pregnant and young mothers and fathers are invited to attend. Regular participants are provided with a family membership to the Y facilities. There is no fee for joining and Storks Nest Points are earned.



### Outreach Africa

The YWCA of Marshalltown is partnering with Outreach Africa to empower the women of Tanzania. The unique handcrafted items made by the women of the Nkungi Village are on sale at the Y. The proceeds are invested back into the village, helping these women to build a sustainable community for their children. The items are on display in the lobby display case.

### My Town Marshalltown

My Town Marshalltown is a partnership between the YWCA and Met-12 at Iowa Valley Community College. The show features guest from many diverse backgrounds. The program was created in 2007 to highlight the various heritages represented in the Marshalltown community and to help promote understanding about different cultures.

### Y Girls

Come to Y Girls . . . a club where you call the shots. Participants meet weekly for fun! Ladies will take a role in planning several activities, while also engaging in leadership skill building. Fifth & sixth grade students meet Wednesdays from 3-4 p.m. Girls gain responsibility and gain friendships by doing community service projects and working on committees. Other enjoyable activities include a unit on careers/future, babysitter training, local field trips, crazy hair day, cooking competition, and fitness activities with dance and swimming fun! Each group votes on a group trip/activity. Past activities include a day at the movie theatre and ice skating.

### Y Teens

Join Y Teens . . . where your input means everything. Seventh & eighth grade teens meet twice a month on Wednesdays to learn important life skills. Work as a team to design club fitness routines, offer community assistance, mentor young children and learn budgeting skills. This program is a rewarding experience for community teens who want to be leaders and make a difference. This year's group will take part in decision making for a community project and event planning for middle school activities. This group works to take a trip to the spa for a day!



### YWCA Networking Lunches

The YWCA Women's Networking Lunches are held on a regular basis and offer opportunity to network with other women of various ages in the Marshalltown community. Y membership is not required to attend the lunch. A discussion topic is suggested at each lunch. Women are encouraged to sit in small groups in an effort to meet and get to know someone new in the community. Reservations can be made by calling the Y. Attendees may bring their own sack lunch or lunches may be ordered and purchased for \$5.

### PACT: Peers Actively Communicating with Teens

Peer pressure, resistance skills, pregnancy prevention and youth empowerment are the goals of this abstinence-based program for teens. This program, currently in its 22<sup>nd</sup> year, utilizes high school sophomores, juniors and seniors who have been selected on the basis of maturity and ability to relate to others. They are required to complete 35-hours of PACT training during their sophomore year. The teens then present programs using role-plays, humor and question and answer segments, designed to empower middle school youth to make informed decisions about their sexual behavior, and to increase awareness of the consequences.



### YWCA Mission:

**YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.**