

City of
Promise
CHARLOTTESVILLE



ADULT EMPOWERMENT ACADEMY


Leadership Charlottesville Class of 2019

Team – The PromiseLand

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INTRODUCTION

Leadership Charlottesville studies various Charlottesville issues and challenges in order to positively impact the community. Prior to the conclusion of the class of 2019's first semester, The PromiseLand selected *City of Promise* to aid the needs of the organization and better the community it serves.

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A nonprofit organization creating an ecosystem of support for families in the Westhaven, Star Hill, and 10th & Page communities of Charlottesville.

708 Page Street
Charlottesville, VA 22903
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QUICK FACTS


- ▶ 291 children live in the *City of Promise* footprint
- ▶ 65% of the neighborhood families live in public housing
- ▶ 75% of the children live in single-parent households
- ▶ 94% of *City of Promise* students are eligible for free or reduced lunches

Students attend:

- ▶ Burnley-Moran Elementary School
- ▶ Walker Upper Elementary School
- ▶ Buford Middle School and
- ▶ Charlottesville High School

THE ASSIGNMENT

The PromiseLand has been assigned to create an **Eight Session Adult Empowerment Curriculum** for *City of Promise* that will be founded on the principles of empowerment and trust, along with tangible skills needed for success.

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PURPOSE


Support adult participants of *City of Promise* in breaking free from generational setbacks that have hindered them from life opportunities. Through the curriculum, participants will be empowered, uplifted, and given the tools needed for success.

The team searched for collaboration opportunities with other local organizations to help facilitate the eight session curriculum.

Interactive sessions will engage participants through an establishment of trust.

THE PROMISELAND PROPOSAL SUMMARY

Creating a strong and versatile eight session curriculum will enable *City of Promise* to connect adults and community leaders in order to develop lasting impact on families. The curriculum will empower participants, provide a better quality of life, and break generational chains. With support from our facilitators, participants will be equipped to reach their full potential as fellow Charlottesville citizens.

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THE PROMISELAND PROJECT OVERVIEW

- ▶ *City of Promise* originally requested an 8 week curriculum, but modified it to an 8 Month Series of Workshops.
- ▶ Each month will focus on one of eight themes with a main session to highlight the theme and additional activities throughout the month to reinforce the theme.
- ▶ The PromiseLand team generated a list of potential speakers along with a detailed outline of session themes and supporting activities.

SESSION 1:

IT'S ABOUT YOU

*EMPOWERMENT AND
SELF-WORTH AWARENESS*

- ▶ Workshop Ideas
 - ▶ Self-Assessments
 - ▶ Self-Empowerment
 - ▶ Motivation Education

SESSION 2:

IT'S OK TO ASK FOR SUPPORT

MENTAL HEALTH AWARENESS

▶ Workshop Ideas

- ▶ Reducing the stigma of mental health
- ▶ The importance of coping skills and stress management
- ▶ Trauma Informed Wellness in Diverse Communities
- ▶ Success Stories related to Mental Health and Wellness

SESSION 3:
OF COURSE I HAVE
QUESTIONS FOR THE
TEACHERS

*ADVOCATING FOR
CHILDREN IN SCHOOL*

▶ Workshop Ideas

- ▶ Understanding your rights and role as parents in the education of your children
- ▶ Understanding the technology used by the public school system (Canvas, PowerSchool, and other technology)
- ▶ Understanding the importance of open communication and attending school conferences

SESSION 4:
TAKING CARE OF
MY BODY
HEALTH & WELLNESS

- ▶ Workshop Ideas
 - ▶ Meal Planning and Prep on a budget
 - ▶ Get Moving - the importance of daily mobility and exercise
 - ▶ CPR and First Aid Awareness Training
 - ▶ Navigating healthy conversations regarding hygiene and personal wellness

SESSION 5:

WHERE'S MY MONEY?

FINANCIAL LITERACY

- ▶ Workshop Ideas

- ▶ Reality Game:

- ▶ Real Life Challenge simulation game gives participants an awareness of money management in a variety of scenarios

- ▶ Budgeting Basics

- ▶ Presentation to review the “What, Why, and How” of budgeting
 - ▶ What is a budget and what types of budgeting tools exist
 - ▶ Why should we use a budget?
 - ▶ How does a family build a proper budget and how often should revisions be made?

SESSION 6:

AM I CONNECTED?

DIGITAL LITERACY

▶ Workshop Ideas

- ▶ Hands-on session to learn how to use basic email, Microsoft Word, Microsoft Excel
- ▶ Safety and security on the Internet to protect your identity
- ▶ Social media and its impact on children and families

SESSION 7: JUMPING INTO THE FUTURE

*FURTHERING EDUCATION &
CAREER EXPLORATION*

- ▶ Workshop Ideas
 - ▶ Resume and interviewing skills
 - ▶ Career education opportunities
 - ▶ Career Readiness Certification

SESSION 8:

HIS & HER IMAGE

*INTERVIEW READY AND
PROFESSIONAL MAKEOVER*

- ▶ Workshop Ideas
 - ▶ Confidence and self-worth
 - ▶ Professional headshots
 - ▶ Beauty and professional image consultation

WHAT'S NEXT?

City of Promise will use our session outline, ideas, and activities to incorporate into a final curriculum. This summer, *City of Promise* will reach out to our generated speakers list to confirm speakers and finalize session dates. The Adult Empowerment Program is set to take place Fall 2019.

THANK YOU!

