



YOUTH PROGRAMS & RESOURCES

South Euclid is a member of the MyCom Community, a network of organizations that believe youth development is a direct path to healthy, safe communities for everyone. We build strengths in young people and their neighborhoods by connecting existing programs and resources, and funding opportunities for positive growth. We also encourage all sectors of society to take responsibility for children's development and transition into productive adulthood.

Our Vision (What the world would look like if we are wildly successful).

All youth are successfully transitioning into early adulthood.

Our Mission

To connect young people in Greater Cleveland with positive experiences and caring adults they need to lead good lives, supplementing the parenting and education of our youth.

Core Values

- Youth Voice: Youth will have input to our work, always.
- Transparency: We will be transparent in how we impact positive youth development.
- Diversity & Inclusion: We only succeed by embracing and celebrating the diversity and inclusion of our partners, neighborhoods, and youth.
- Youth Development IS Community Development: Positive youth development enables our economy to succeed today and in the future.
- Caring Adults are Crucial: All youth should be able to identify at least one caring adult in their life outside of their family.
- Measuring Our Impact: Annually, we will invest resources to measure our impact towards our mission.

Find out more by visiting South Euclid MyCom at www.cityofsoutheuclid.com/mycom or by calling Keith Benjamin, Director of Community Services at 216.381.0400 or emailing kbenjamin@seuclid.com.

MYCOM YOUTH NETWORK COMMUNITY RESOURCES

All blue, underlined words are clickable links to each organization!

South Euclid MyCom Community Partners and Neighborhood Resources

- [South Euclid-Lyndhurst School District](#)
- [South Euclid Branch of the Cuyahoga County Library](#)
- [Garfield Memorial Church – including VIRTUAL SUMMER CAMPS!](#)
- [South Euclid United Church of Christ](#)
- [First Baptist Church](#)
- [Inner Healing Ministries](#)
- [Team Couture Youth Center – Including SUMMER CAMPS!](#)
- [Hillcrest YMCA](#)
- [Lake Erie Ink: A Writing Space for Youth](#)
- [Mercury Theatre Company – including VIRTUAL SUMMER CAMPS!](#)
- [Senders Pediatrics](#)
- [Notre Dame College](#)
- [SEYSBA Youth Baseball & Softball](#)
- [SEL Youth Soccer Club](#)
- [Sea Monkeys Swim Team](#)

COVID-19 COMMUNITY RESOURCES

- Visit P.A.L.S. for Healing for a Kids Guide to Understanding Coronavirus:
- [P.A.L.S. for Healing](#)
- [Kids guide to understanding coronavirus.](#)

Learning and Education for Kids and Adults:

- [Patrons of all ages can apply online for a library card just google Cuyahoga County Public Library.](#)
- [Art House, Inc.:](#) Art House, Inc. is sharing art lessons for kids on [Facebook](#) and [YouTube](#), including origami, drawing, puppet making, and more! You can also pick up an art kit for your family each week on Wednesdays, 11am-1pm. Art House is located at 3119 Denison Ave.
- [Lake Erie Council, Boy Scouts of America:](#) The Boy Scouts are offering programming both on Facebook Live and Zoom. Virtual Den Meetings are held weekdays at 4:30 on [Facebook](#) for different ages groups each day of the week. You can also earn merit badges with live Zoom sessions. Upcoming merit badge events include Genealogy, Business and Digital Technology. A schedule of upcoming events is posted on their Facebook page. The Council's [Scouting at Home](#) website has links to past Facebook Live and Zoom events, and includes self-guided activity guides and videos.
- [Free university classes](#)
- [Scholastic learn at home](#)
- **Josh Gad (Olaf from Frozen) reads children's book nightly at 8:00 on Twitter**
- [Storyline Online:](#) Famous actors and actresses read various children's books on demand.
- [Free education subscriptions due to school closings.](#)

- [Cincinnati Zoo Home Safari](#): Weekdays at 3:00 streaming on Facebook live
- [Cleveland Metroparks & the Metroparks Zoo](#): Free biology classes online daily at 11:00 & 1:00pm
- [Virtual Visit to the San Diego Zoo](#)
- [Virtual Visit to Yellowstone](#)
- [Virtual Visit to the Great Wall of China](#)
- [Google Arts & Culture](#): Free visits to museums and attractions worldwide.
- [Free virtual museum tours](#) of famous museums worldwide.
- [ART.org](#)- or crafty kids, [DIY.org](#) offers thousands of courses and projects with how-to videos for ages 4-13-plus. Project and course topics include drawing, photography, science, music, Lego-building and Minecraft-video making. Kids can make their own videos on the platform to share with others, which are closely monitored by the site (and parents get a notification any time their child posts something, too).
- DIY.org is currently [offering 90% off](#) of its library of hands-on projects, how-to videos and safe learning community for kids, with the code **TOGETHER**.
- [Cartooning classes on Youtube](#)
- [Draw every day series on YouTube](#)
- [The Art Sherpa](#)
- [Daily Dinners with Michael Symon](#): Daily at 5 pm on Facebook live for the next 10 days- cooking recipes using "pantry items."

Exercise and Movement:

- [America SCORES Cleveland](#): You can connect with America SCORES on both [Instagram](#) and [Facebook](#). Each weekday you can find a soccer skills video with Coach Ramona, and a writing activity. All of these activities can also be found on the [America SCORES Cleveland website](#). You can also catch some Instagram LIVE soccer sessions with Coach Matthew!
- [Beat the Streets](#): Beat the Streets is hosting the Million Minutes Challenge to encourage kids to stay active. They are posting daily challenges on [Instagram](#) and offering #btssaturdaysweat Live Stream and IGTV workouts. Kids can log their exercise time by entering their name, city and number of minutes into the [Million Minutes Challenge website](#). You can also see how many minutes have been logged in Cleveland and other Beat the Streets cities around the country.
- [YMCA of Greater Cleveland](#): The YMCA's [My Y Virtual Youtube channel](#) has 30-minute workout videos for both adults and the whole family. And if you are an essential worker in need of childcare, the local YMCAs (including the West Park/Fairview branch) are pandemic-licensed childcare centers. Contact (216) 263-6860 or children@clevelandymca.org for assistance with registration.
- **Free workouts** from [Planet Fitness](#) (for everyone, not just members) streamed daily via Facebook live!
- **Free workout** from [Golds Gym](#): over 600 free workouts until May 31
- **Free yoga classes on demand**: with a range of classes, levels, and types of practices
- **Free kids yoga classes on demand**.

- [Donation-based live dance/yoga/classes- pay what you can.](#)
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Free apps during coronavirus for relaxation and movement:

- **DownDog- Yoga, Barre, and other fitness classes until April on Iphone and Ipad**
 - **Dark Noise-** Noisemaking app (white noise, rain, thunder, etc)- waiving free for beta version- https://twitter.com/_chuckyc/status/1239241005557301253?s=21
 - **Headspace-** Free for healthcare professionals through the end of this year- <https://www.headspace.com/health-covid-19>
 - **Peloton-** offering a free 90-day trial (do not need Peloton equipment)- include yoga, HIIT, stretching, and other categories- go to the app store to get started
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Additional resources:

National papers removing their paywalls (online stories) to give access to reliable coronavirus news coverage and updates:

- [New York Times](#)
 - [Wall Street Journal](#)
 - [Washington Post](#)
 - [Los Angeles Times](#)
 - [The Guardian](#)
 - [AP News](#)
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Emotional support including-free online support groups and resources:

COVID CareLine

The COVID CareLine is a new, toll-free number and emotional support call service created by the Ohio Department of Mental Health and Addiction Services. Behavioral health professionals will staff the CareLine from 8 a.m. to 8 p.m., 7 days/week. They will offer confidential support in times of personal crisis when individuals may be struggling to cope with current challenges in their lives. After 8 p.m., the CareLine will forward to the National Suicide Prevention Helpline, allowing those calling to have access to someone 24 hours/day.

Call 1-800-720-9616 to connect

National Alliance on Mental Illness: [NAMI](#)

NAMI Helpline

Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264

Finding Phone Support

A warmline is a confidential, non-crisis emotional support telephone hotline staffed by peer volunteers who are in recovery. Callers will find an empathetic listener to talk through their feelings. To find a warmline that serves your area, visit the NAMI Helpline Warmline Directory on the [NAMI Resource Library page](#).

Finding Online Support Communities

- NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting www.nami.org.
- [7Cups](#)

Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee-for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

- [EmotionsAnonymous](#)

An international fellowship of people who desire to have a better sense of emotional well-being. EA members have **in-person** and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.

- [Support Group Central](#)

Offers **virtual support groups** on numerous mental health conditions – free or low-cost. Website also offered in Spanish.

[TheTribeWellnessCommunity](#)

Free, **online peer support groups** offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD, and Teens.

[SupportGroups.com](#)

A website featuring 200+ **online support groups**.

ForLikeMinds:www.forlikeminds.com

Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

[18percent](#)

Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.

[PsychCentral](#)

Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and **online support communities**.