

# RISE-CPE FREE After School Program



## About the program:

Your 6th grader is invited to join our program beginning after school on August 28th. Our schedule is as follows:

**Middle School: Monday & Wednesday**

**High School: Tuesday & Thursday**

**4PM: Interest hour** - time to decompress after school, work on homework, play a game, etc.

**5PM: Group** - some of our past group topics include: confidence, addiction, sex ed, job skills, inner child, boundaries.

**6PM: Dinner** + Fellowship



## Important to know:

All RISE services are completely **FREE**; there are **only 15 spots available each for Middle School & High School**

Transportation both from school to RISE, and from RISE to home is available if needed.

We have an optional Bible study once a week

Our campus will be open all summer & we invite you to come check it out + meet our staff!

Optional on campus counseling available



## What RISE is NOT:

- A place for “bad kids“ or “crazy people“
- A place you’re forced to be
- A place for drama
- A place that allows for people to treat each other badly
- A place where negativity from the outside gets to come in
- Church
- Therapy
- Your parents
- Going to share info that you share with us



# Testimonials from Current Program Members:

Rise to me is a place I know I can be myself, and a place to make great friends. Rise has helped me learn I'm not alone. Its helped me learn my boundaries and what healthy relationships are. Rise can help you find who you are and help you work through your trauma. The staff is amazing, always there for you when you need them. Its like a second home.

-ES



Rise is where I know I'm seen, heard, and appreciated. Rise has helped me to express myself easier. Rise is fun! Rise is a great place to go to feel appreciated and well heard.

-TB

Rise is essential. Every girl needs this. Rise helps you get to know yourself and push you outside your comfort zone. Rise has helped me a lot. Because when covid hit, it took a toll on my social abilities, I got comfortable being alone and couldn't give myself room to grow. Rise has pushed me to be better with those things. Don't think its just a hang out spot. Its a place that really helps you, with whatever that may be.

-MB

