



## **Pembroke Housing Authority**

### **ExpoGro Afterschool Program**

700 Roberts Avenue  
Pembroke NC, 28372

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### ***ExpoGro***

### ***Exposure ~ Progress ~ Growth***

ExpoGro assists participants to build emotional, physical, spiritual, social and academic skills along with team building activities, homework assignment assistance, job skills training, structured cultural and sports/recreational activities. Studies of effective after school programs show that they can contribute to many positive outcomes, including: fewer crimes and incidents of vandalism, improved academic performance, increased social skills, decreased gang activity and decreased drug use among youth. Goals include: 1) Provide a safe, stable, and supportive environment for youth and their families. 2) Provide a program that offers a wide range of educational, social and recreational activities and exposes children to activities that they have not had the opportunity to experience. 3) Assist youth to meet or exceed appropriate state and local academic achievement standards. 4) Assist youth to demonstrate educational and social benefits and exhibit positive behavioral changes. 5) Assist youth to show improvement in the following performance measures: school attendance, academic performance, and reduced disciplinary referrals. 6) Assist youth and parent/ families to reach positive healthy relationships. ExpoGro offers several evidenced based programs that enhance youth's overall quality of life. These programs feature: Educational, recreational, cultural, positive behavior, and social activities.

### ***Partnerships***

ExpoGro also incorporates two evidenced based program, The First Tee Nine Core Values Golf Program (10 weeks) that will be coordinated by Certified Nine Core Values Instructors in partnership with The First Tee of Sandhills. This program will be implemented during winter seasons, and will be facilitated at Berea Baptist Church's Life Center. The First Tee is designed

to provide a fun, engaging program which exposes youth to behaviors associated with the Core Values (honesty, integrity, perseverance, judgment, confidence, courtesy, sportsmanship, respect, responsibility). The end goal is for youth to be exposed to the Core Value behaviors during activities and for them to apply these behaviors regularly. ExpoGro will also partners with Eckerd's evidenced based Strengthening Families program to conduct an evidenced based Family Development Model that will provide interactive parenting and child interpersonal classes that shall address how parents can create more satisfying relationships with their children, by increasing effective communication, reducing anger, managing stress, and understanding child development. This fourteen-week course will be offered twice during the fiscal year. The long-term goals of the Family Development Program include strengthening families by preventing serious behavior problems, delinquency and poor parental supervision. The Family Development Course will provide transportation, a free healthy meal, reward incentives and free child-care if necessary.

#### **Target Population/**

Services will be provided to at-risk youth ages 6 through 17 referred to the program by the public schools, local police department, juvenile Court Counselors, social services, concerned citizens and parents/guardians. Additionally, ExpoGro will be promoted through our newsletter distributed monthly to PHA residents, various community leaders, agency officials, and posted online at [www.pembrokeha.com](http://www.pembrokeha.com).

Our program will target youth that live within the public housing developments located within the Town of Pembroke. The ExpoGro staff will continue to track and monitor a client until the client completes their goals in the program, move from the development or are referred to another agency. The latter would occur if staff deemed that the youth needed more intensive services. For example, if the youth's behavior is too disruptive or potentially injurious to others in the program or the youth is experiencing severe emotional problems or the youth has a learning disability requiring more specialized instruction, specialized assistance for the youth will be sought.