

## How Can YOU Help?

**Individual, Social Groups, Churches, Corporations, etc.**

**W**e have many opportunities available for you to assist our program. These opportunities include but are not limited to: Mentoring, Tutoring, Job-Shadowing opportunities, Workshop facilitation or provide assistance with College Admission and Scholarship applications.

- Financial Support, Gift Cards, Event tickets
- Scholarships
- Host College Shower (Individuals or Groups) for students who are planning to attend a residential college/university.
- Volunteer for Social Gatherings and Outings
- Chaperone
- Sponsor Leadership In Action Summer Institute
- Provide use of vans or buses



*The Sankofa Bird reminds us that we must continue to move forward as we remember our past. At the same time we plant a seed for the future generations that come after us.*

## Our Sponsors and Partnerships

- The Armstrong Leadership Program is a ministry of Richmond Hill, an ecumenical Christian fellowship and residential community in Church Hill whose mission is to work for the healing of metropolitan Richmond. Armstrong Leadership Program is non-sectarian.
- The Jackson Foundation, Virginia Sargent Reynolds Foundation, Robins Foundation, Nunnally Foundation Altria, St. Paul's Episcopal, Bon Secours Health Systems, Brookfield Foundation and Travelers Foundation are significant financial contributors.
- Richmond Peace Education Center, Cadence Theatre/STAGEWRITE, UVA College Advising Corps, University of Richmond, Karen Donegan Salter, East District Family Resource Ctr., CHAT, Virginia Mentoring Partnership and UPS are important community partners.
- Communities in Schools of Richmond



We invite you to join us  and like us on Facebook!

Please contact:

### The Armstrong Leadership Program

Yvette Rajput, Director, 804-314-2622,  
yrajput@richmondhillva.org  
or Marvin Roane, 804-484-0736,  
alp@richmondhillva.org

For the spirit of the city



2209 E. Grace Street  
Richmond VA 23223  
p: 804-783-7903, ext. 13  
e: retreats@richmondhillva.org  
www.richmondhillva.org

# CULTIVATING A GENERATION...TODAY



## What is Our Mission?

**T**o challenge, develop, stimulate and grow our student leaders physically, mentally, emotionally and spiritually. To ensure students acquire skills in the areas of Personal Development, Leadership Training, Mentoring, Post Graduate Preparation and Cultural Exposure in an effort to prepare students for success during and after high school.

## Why Armstrong High School?

Armstrong High School, founded in 1865 as the first school dedicated to the intellectual, academic, moral and social enhancement of freed African American students in Richmond, Virginia. With over 150 years of educational excellence, it has been responsible for training and developing more inner city youth than any other high school in the city of Richmond. It has a rich and unrivaled legacy, producing some of the most prominent members of our community. Notable alumni includes Maggie L. Walker, Admiral Samuel Gravelly, Max Robinson, John Mitchell, Governor L. Douglas Wilder to name a few. In recent years, Armstrong High School has been faced with many challenges. It is located in the center of five public housing developments. Given the high unemployment rate in this area of the city, family hardship is a common reality. Many of our students are vulnerable to the surrounding negative influences and many have few adult figures in their lives to turn to for support. As a result, we have recognized the importance of supporting these youth, so that they can reach their utmost potential and overcome the tremendous adversities that they face in their lives.

## Personal Development ► TRANSFORMATION

Personal development activities promote social, moral, emotional, and physical health. Students participate in workshops, Think Tank Cinemas, and group sessions at Richmond Hill and Armstrong High School to obtain Personal Growth.

### *Session Topics Include:*

- Problem Solving
- Critical Thinking
- Health Awareness
- Etiquette Training
- Building Self-Awareness and Self-Assessment
- Mindfulness
- Trauma Informed Care
- Case Management

## Leadership Training ► EMPOWERMENT

Leadership training sessions encourage students to set goals, analyze themselves, and/or motivate others to a course of action or thought. Students Participate in Weekend Retreats, Workshops, and Team Building exercises.

### *Session Topics Include:*

- Conflict Resolution
- Teambuilding
- Communication Skills
- Community building
- Setting Goals
- Time Management
- Diversity Training

## Mentoring ► SUPPORT

Mentoring relationships allows the student to establish quality relationships with adults for guidance and support. It is beneficial for each student to experience a healthy and positive relationship with at least one nurturing adult in his or her lives. Students and Mentors gather for bi-monthly planned Mentor-Mentee gatherings, Monthly One-on-One outings, as well as Tutoring and Community Dinners.

### *Session Topics Include:*

- Community and Professional Networking
- Relationship Building
- Cultural Awareness
- Relationship Building



## Post-Graduate Preparation ► SUCCESS

Post-graduate preparation helps students get ready for life after high school by creating a “road map” to reach their desired goals. Students participate in workshops on college prep and career development sessions. Students are supported at least one after high school graduation as they transition into College or Workforce sessions.

### *Session Topics Include:*

- Job Shadowing
- Career Exploration
- College Review (SAT prep, scholarship application, etc.)
- Professional Development



## Service Projects ► ACTION

Each participant is challenged to commit to self, school and community by being accountable and responsible for their actions and activities. Service projects give students the opportunity to demonstrate positive change and LEAD by example.

**THE ULTIMATE GOAL:** For the student to realize their own POTENTIAL, PURPOSE and PASSIONS in life while actively pursuing lifelong learning opportunities.