



First and Goal, Inc. - Programs

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Care and Share Mentor Program

The **Care and Share Mentor Program**, a mentoring component of First and Goal, Inc. which emphasizes character development in a group setting while effectively reducing academic failure, juvenile delinquency, gang activity, and other factors that may lead to at risk behavior.

L.E.A.D. Program

The **Leadership Empowerment to Achieve Dreams (L.E.A.D.) Program**, a leadership component of First and Goal, was created to reinforce leadership skills by conducting classes, workshops, and conferences geared towards teaching the key principles of successful leadership models.

TEAM First and Goal – Total Empowerment for Academic Motivation

Captivating, exhilarating, and motivating, are just a few of the adjectives that come to mind when describing the clear and direct message delivered by TEAM-First and Goal. Utilizing a general assembly discussion approach, TEAM-First and Goal emphasizes the importance of education, goal setting, leadership, and conflict resolution, all within a fusion of dynamic presentation.

Staff Development - Project P.R.E.P.

The staff development programs focus on areas such as team building, creating a positive attitude and environment, as well as conflict resolution and problem solving techniques for administrators, counselors, and teachers working with at risk youth.

After-School Enrichment:

Project LEAD - Leadership Empowerment for Academic Development

The Project L.E.A.D., After-School Program was designed to meet the needs of the community it serves as well as the individual needs of the students that will benefit from a safe, structured program for educational and moral enhancement.

Journey Beyond Dreams – College Experience Program

In efforts to more effectively encourage and equip youth with the necessary tools, support and resources to achieve dreams, First and Goal, Inc. has partnered with several universities to provide the Journey Beyond Dreams College Experience Program. The program was created to increase high school graduation, college attendance, and to promote college preparation for youth.

Dream – Filled and Drug - Free Program

Through the Dream – Filled and Drug - Free Program our goal is to make schools and communities safe, by reducing substance abuse while encouraging and equipping youth to maximize their talents. We advocate a healthy lifestyle for all youth to achieve their dreams.

Youth Violence Prevention Program

The **Youth Violence Prevention Program** equips youth with the necessary tools to improve their schools climate from the inside-out. As an essential part of the program youth become knowledgeable of the positive influence they can have on others, as well as the influence others have on them.

Sports Program - Learning through Sports:

In an effort to serve the community, First and Goal provides free football camps to youth seeking the opportunity to be around positive role models in a fun and challenging environment. **Football 101** is designed to teach the basic fundamentals of the sport, while emphasizing the importance of team work.



*"Building Tomorrow's
Future Today"*