

## IHCRC Youth Program Offers In-class Curriculum Free of Charge

The purpose of our urban Native American youth program is to empower students by equipping them with the necessary tools to enhance their physical, mental, emotional, and spiritual wellness. Through comprehensive health education, cultural connectedness, personal development, and the cultivation of meaningful relationships, we aim to foster a supportive and inclusive environment where students can thrive and reach their full potential. By honoring and integrating Native American traditions, values, and teachings, we strive to empower the next generation to embrace their cultural heritage, develop a strong sense of identity, and lead healthy, balanced lives.

### IHCRC Youth Program Offers the following in-class curriculum:

- Health Education
- Academic Success
- Preparing for the Future - What's After High School
- College Preparation
- Suicide Prevention
- Personal Development
- Science Technology Engineering Math (STEM)
- Nutrition Education
- Understanding and Managing Stress
- Dealing With Feelings and Emotions
- Plant Teachings
- Indigenous Ways of Being and Knowing
- Healthy Relationships/Communication
- Overcoming Peer Pressure
- Dangers of Substance Abuse -  
(Vape, Tobacco, Alcohol, Drugs)



### IHCRC also offers the following programs throughout the year:

- Native American Youth Advisory Council (Ages 11-24)
- Family Fun and Fitness Events (Activities That Get the Whole Family Moving Together)
- Restoring Resilience Powwow (Youth Driven Powwow for the Whole Family Held in Conjunction with Children's Mental Health Awareness)
- Native American Youth Summit (Grades 9-12)
- Spring Break Cultural Camp (Grades 1-4)

### Contact our youth program staff to arrange a presentation at your school.

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Visit our website to learn more:  
[www.ihcrc.org/youth-program](http://www.ihcrc.org/youth-program)