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Opening of Youth Center in South Minneapolis

Q Health Connections and Sabathani Community Center partner to open youth center for ages 14-18.

MINNEAPOLIS, MN — Q Health Connections is pleased to announce the opening of the Q Health Connections' PHYTT For Life Youth Center located inside Sabathani Community Center in South Minneapolis on January 23rd. "The mission of the Q Health Connections' PHYTT For Life Youth Center is to give our young people a safe place where they can excel and learn in a supportive environment," said Clarence Jones, Director of Q Health Connections. "We want them to become strong, responsible and responsive citizens and we believe this Center will provide a space for them to begin that process," said Jones.

The Center will initially house PHYTT for Life (Preparing Healthy Youth to Transform Tomorrow) programming provided by Q Health Connections. The focus of these programs for young women and men is, according to Camille Thomas Coordinator, "to provide building blocks to youth so they can advance in their lives." There will be groups for young men and young women ages 14-18. In addition, the Youth Xpress Page writers will meet in the Center to discuss and develop stories for publication in the Minnesota Spokesman-Recorder.

"Our goal with the Center is to provide youth with the opportunity to grow, develop and realize their potential," said Thomas. This will be achieved through the PHYTT For Life programming, the Youth Xpress Page group, along with the youth programming. There will also be after-school drop in tutoring for high school age youth provided by area college students and education volunteers. For students who wish to improve their Spanish language skills, there will be Spanish classes taught at 3 different levels. "We saw that many of the students wanted to learn Spanish, and we thought this would be an ideal way for them to gain exposure to the language in their own community," said Thomas.

All programming is free & open to any youth in the Metro Area. For more information about the Center or to register for programming please contact Camille Thomas at 612-238-2392.

Q Health Connections strives to make a difference in our community by partnering with local advocates, community leaders and health professionals to develop programs which empower residents to take charge of their health.

Sabathani Community Center's mission is to strengthen youth, children and families and to build the capacity of the community that Sabathani serves.

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