



DEPARTMENT OF HEALTH AND HUMAN SERVICES

School Based Health
and Wellness Centers

Wellness Center Student Curriculum Based Programs Gaithersburg High School

Be Yourself/Se Tu Mismo

consists of fun interactive sessions that focus on goal setting, leadership skills and teambuilding for Latino students. It is a co-ed group which promotes building a strong sense of self and overall positive well-being.

Achieve supports newly arrived Latino immigrant students to build relationships amongst classmates and discuss assimilation to a new country. Participants share their personal stories about transitioning to the US in a supportive environment.

Joven Noble/Xinachtli are an indigenous, culturally based rites of passage programs that provide a supportive process for males and females to develop a positive identity, life skills and support system. Based on the connection to the family and community, the focus is on supporting and building on the strengths of the individual.

Wellness Center helps students earn SSL hours by participating in community service projects and events in the community. These activities are scheduled throughout the year

Courageous Queens works with young ladies to help them develop healthy ways of valuing themselves and learning how to embrace their powerful attributes. Courageous Queens aspires to build self-confidence, self-worth, and a sense of accomplishment.

REACH is a brotherhood where young men have a healthy and safe place to express themselves concerning real life issues, such as how to resolve conflicts, how to handle negative peer pressure, and setting and pursuing personal goals.

Real Rap is for students who have completed REACH and Courageous Queens. This program delves deeper into issues related to males and females that affect them and the larger community. This program is designed to discuss challenges that prevent students from successfully moving forward.

Wellness Center Recreation Activities promotes physical health and wellness through recreational activities, sports, and learning what the body needs to be healthy. Open gym occurs on Mondays

YELL targets students who have completed other Wellness Center programs. Participants receive SSL hours as they complete a service project of their choosing that serves to benefit their community.

The Way/El Camino targets young women and men who have completed other Wellness Center programs. The group focuses on the importance of identifying future goals and developing an action plan for accomplishing them.

FOR MORE INFORMATION COME TO THE WELLNESS CENTER!!!