

“Envision who you are, and come together to support each other in our journeys to find ourselves.”

EVIDENCE-BASED YOUTH PROGRAMMING

According to a 2011 study in the Journal of Adventure Education and Outdoor Learning,

“all-girls programs create a space for youth to feel safe, increase their connection with others, and provide freedom from stereotypes.”

Furthermore, outdoor experiences for teens result in enhanced self-esteem, self-confidence, independence, autonomy and initiative, with positive results persisting for years.



PRS is an equal opportunity service provider and does not discriminate against clients or volunteers on the basis of any protected characteristics identified by the State of California's Civil Rights Department: calcivilrights.ca.gov/employment/#whoBody

VOLUNTEERING

The program is always in need of female volunteers; specifically, Visions would like local women to come to a session and share their personal stories, professional endeavors, and skills or hobbies.

If you are interested in volunteering with Visions, email:

visions@plumasruralservices.org

Jennifer Ready, Coordinator

jready@plumasruralservices.org
530-283-2735, ext. 821

FAX 530-283-3647

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Visions



*Encouraging and Inspiring
Plumas County Youth*

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Quincy, CA 95971
(530) 283-2735

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What is Visions?

Visions youth development program provides a safe space for girls, non-binary youth and allies age 11-18 to build connections with themselves, peers, women in the community, and the outdoors.

The program focuses on supporting capacity for self-confidence, physical and emotional resiliency, healthy relationships, community, and regular physical activity.



Afterschool Program

Throughout the school year, Visions meets with participants bi-weekly for two hours afterschool. As funding permits, the program also gathers monthly on a Friday for a longer activity.

Program Goals

Visions encourages & inspires youth to:

- build and sustain trusting relationships
- find passion and purpose in life
- establish positive, non-violent communication techniques
- creatively solve problems
- cultivate leadership skills
- strengthen family, peer group, community, and environmental connections

Participants pursue these strength-based goals through facilitated group mentoring sessions and indoor and outdoor recreational activities.



"I really like Visions because I've found a place where I get to be myself and express myself without being judged or feeling bad about expressing myself."

- 2023 10th Grader

Summer & Beyond

The summer program meets weekly for a full-day trip to someplace in the region that offers hiking and other outdoor recreation opportunities, culminating in a 3-day campout.

"Visions gives me the support that a community can provide, rather than just myself."

- 10th Grader



The program also offers some special trips throughout the year or community events on weekends.

Referrals

To learn more about Visions or refer a youth to the program, contact Coordinator Jennifer Ready at the number/email listed on the reverse.