

# SAN LEANDRO 2007 & 2008 COMMUNITY BENEFIT MINI-GRANT RECIPIENTS

## 2007

### Boys and Girls Clubs of San Leandro

Works with partnership organizations to have quality, sustainable after-school sports programs that meet the needs of the underserved youth in the Ashland community. "Team Up for Youth" program.

**Grant Amount: \$15,000**

### Boys and Girls Clubs of San Leandro

Motivates club members to set personal fitness goals and increase activity levels. Creates positive fitness experiences through low-impact activities, strength training, balance and coordination. Activities are paired with a nutrition program. "Healthy Habits" program.

**Grant Amount: \$15,000**

### Building Futures with Women and Children

Offers nutrition education to both residents and staff at the San Leandro Shelter. A nutrition educator will deliver nutrition information to residents and staff throughout the year.

**Grant Amount: \$7,250**

### Davis Street Family Resource Center

Offers regular monthly workshops with a focus on adult chronic conditions such as obesity, diabetes, heart disease, stroke, asthma, and child health. Increases amount and quality of health education materials presented to Spanish-speaking patients.

**Grant Amount: \$7,500**

### Girls Incorporated of Alameda County

Provides health and sexuality education program focused on expanding and improving access to important teen health and sexuality information for underserved youth. Peer Educator trainings reach teens through informal social networks. "*Helping Everyone Achieve Respect Together*" (HEART) program.

**Grant Amount: \$15,000**

### Girls Incorporated of Alameda County

Provides youth development program designed to increase the physical fitness, literacy skills, self-esteem, and academic success of underserved third through fifth grade girls at Wilson Elementary School in San Leandro. "*Watch Out World!*" (WOW!) program.

**Grant Amount: \$15,000**

### Spectrum Community Services

Provides fall prevention awareness, wellness workshops, and nutritious and balanced meals to low-income seniors and caregivers at the four congregate meal sites. Improves mobility, health, and quality of life.

**Grant Amount: \$15,000**

### Stepping Stones Growth Center

Provide 6-12 Health Towards Wellness workshops for 15 Clients per workshop.

**Grant Amount: \$9,450**

## 2008

### American Lung Association of the East Bay

Provides "Open Airways for Schools" & "Kickin' Asthma" self-management classes at 5 elementary and middle schools in San Leandro. Trains 80 Head Start Personnel, 85 directors of childcare centers and 100 parents on asthma management/emergencies.

**Grant Amount: \$25,000**

### Associated Community Action Program

Reduces percentage of teen pregnancies and youth violence in Ashland/Cherryland neighborhoods by enrolling 295 youth in job training and career programs, recreational activities/educational opportunities.

**Grant Amount: \$10,000**

### Boys and Girls Clubs of San Leandro

Works through partnership organizations to have quality/sustainable after-school sports programs that meet the needs of the underserved youth in the Ashland community.

**Grant Amount: \$25,000**

### Boys and Girls Clubs of San Leandro

Motivates 125 club members to set personal fitness goals and increase activity levels. Creates positive fitness experiences through low-impact activities, strength training, balance and coordination. Activities to be paired with a nutrition program.

**Grant Amount: \$25,000**

### Building Futures with Women and Children

Provides nutrition education and life-skills classes for 500 women and children at shelters and safe houses. Shelter staff will receive healthy menus, recipes/cooking tips. Residents will learn hands-on by taking turns cooking healthy meals.

**Grant Amount: \$10,000**

### CALICO

Provides backpacks with school supplies that contain violence prevention messages (about bullying, internet, dating violence) to 2,000 low-income school-age children. Provides caregivers written materials to raise awareness about personal safety.

**Grant Amount: \$5,000**

### Davis Street Family Resource Center

Targets 1,600 middle school and high school youth in San Leandro and San Lorenzo schools through Youth Peace Conferences, Coping with Stress workshops and small group sessions focused on non-violence.

**Grant Amount: \$25,000**

### Girls Incorporated of Alameda County

Provides health and sexuality education program focused on expanding and improving access to important teen health and sexuality information for underserved youth. Peer Educator trainings to reach 650 teens annually through informal social networks.

**Grant Amount: \$15,000**

### Girls Incorporated of Alameda County

Provides a 3-year youth development program designed to increase the physical fitness, literacy skills, self-esteem, and academic success of 30 underserved fourth and fifth-grade girls at Wilson Elementary School in San Leandro.

**Grant Amount: \$15,000**

### City of San Leandro – Shape Up San Leandro Initiative

Offers activities four times a week at four elementary after-school programs and trains after-school staff on SPARKS (Sports, Play, Active Recreation for Kids). Partners with GIRLS Inc. and SL Unified on body image and nutrition programs for 240 youth.

**Grant Amount: \$25,000**

### City of San Leandro – San Leandro Library

Provides relevant and current medical materials relating to all the Health Priorities in English, Spanish, Chinese and Vietnamese. Hosts a community-wide event for 200 residents with exercise guru Chris LaLanne.

**Grant Amount: \$10,000**

### Spectrum Community Services

Provides Falls Prevention and Wellness Workshops improving mobility, health, and quality of life for seniors and caregivers at the four congregate meal sites. Provides nutritious and balanced meals.

**Grant Amount: \$20,000**

### Stepping Stones Growth Center

Provides 12 health and wellness workshops to 180 developmentally disabled clients and trains 5 -10 support staff, care providers, family members.

**Grant Amount: \$10,000**