Teamwork > Leadership > Respect >

NATIVE AMERICAN HEALTH CENTER

YOUTH SERVICES

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Our Mission

The Native American Health Center's mission is to assist American Indians and Alaskan Natives to improve and maintain their physical, mental, emotional, social, and spiritual well-being with respect for cultural traditions, and to advocate for the needs of all Indian people, especially the most vulnerable members of our community. The mission of Nati American Health Center's Youth Services is to build strong and resilient Native youth and families. Our goal is to empower young people from the community through prevention, education, referral and advocacy.

Our Approach

Our approach is culturally relevant and family centered. We combine prevention, intervention, and treatment to address the changing needs of Native youth in an urban environment. The different facets of our program allow Native American youth to develop skills according to their strengths and interests while challenging them to understand the relationship between commitment, dedication, and success. We promote a healthy environment for Native American Youth where they may participate in a wide variety of cultural, recreational, and educational activities.

By providing youth with meaningful and culturally enriching activities administered by experienced role models from within the community, we can increase individual self-esteem, community cohesion and cultural pride.

Native American Health Center Provides:

- Medical
- Dental
- WIC Services
- Counseling
- Fitness Center
- Youth Services

Tribal Athletics

Traditional Arts

Multi-Media

Violence Prevention

Health Education

Educational Support

Wilderness Program

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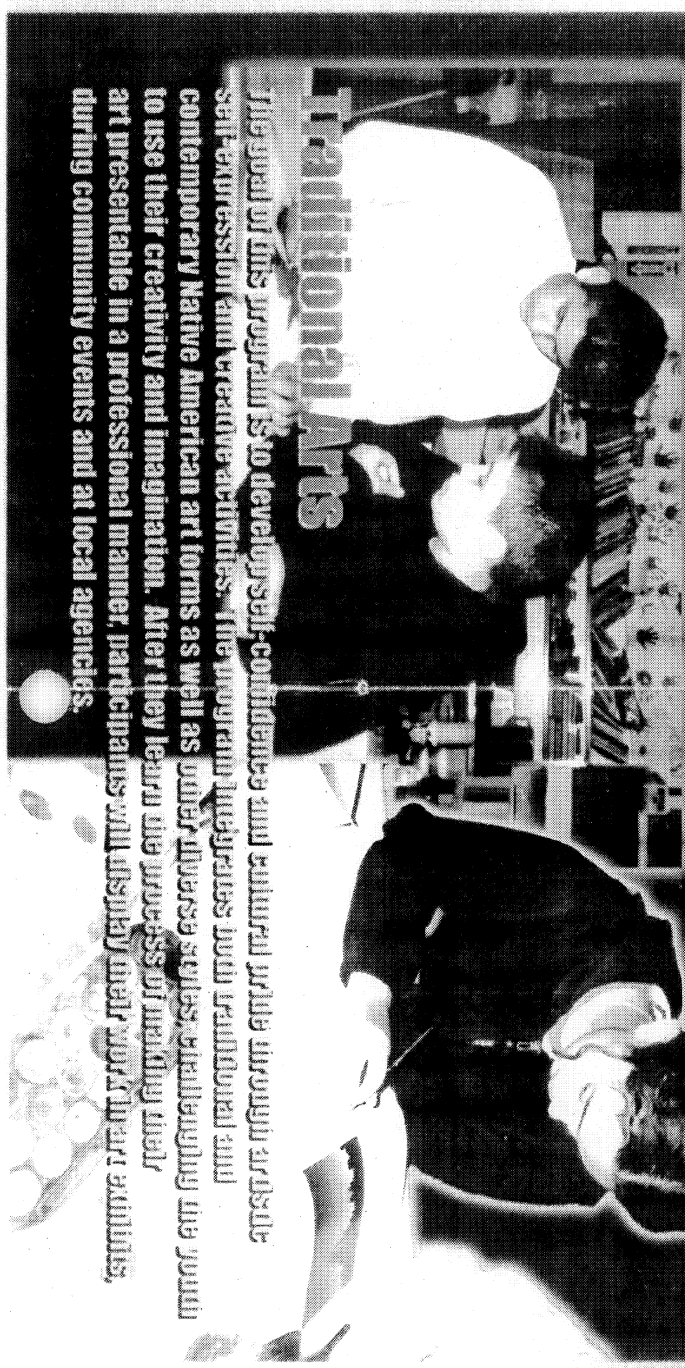
Tribal Athletics

The Tribal Athletics Program (TAP) is responding to a need within the community for a structured physical recreation for our youth, due to the prevalence of diabetes, obesity, and other health risks for Native American people.

Weekly organized team athletics, after school and on weekends, are designed to develop a sense of commitment, teamwork, self-discipline, and to illustrate the importance of leading a healthy lifestyle. TAP sports include basketball, soccer, flag football, and softball.



Traditional Arts

The goal of this program is to develop self-confidence and cultural pride through artistic self-expression and creative activities. The program integrates both traditional and contemporary Native American art forms as well as other diverse styles, challenging the youth to use their creativity and imagination. After they learn the process of making their art presentable in a professional manner, participants will display their work at art exhibits, during community events and at local agencies.

Tribal Athletics

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Multi-Media

SNAG (Seventh Native American Generation) is a magazine, which gives Native youth the opportunity to voice opinions, showcase art and talent otherwise unseen in mainstream media.
To submit to SNAG email us at: snagmagazine@yahoo.com or check the website: www.snagmagazine.com
The Urban Indian Films is a training program designed to teach youth how to produce their own films. Our Films are screened at community events and festivals.
The Origins of Hip-Hop Class is an in school curriculum that uses popular mediums to educate youth to express through hip-hop positively.

Educational Support

The objective of the Educational Support Program is to challenge and inspire at-risk Native American youth to pursue secondary education. It also provides youth with the skills and knowledge to improve study habits. After school study hall is available at NAHC's Youth Services department.

Violence Prevention

The Violence Prevention program provides anger management training and substance abuse prevention to youth, including former gang-related youth. NAHC has also collaborated with other ethnic and cultural groups in Oakland to reduce gang violence.

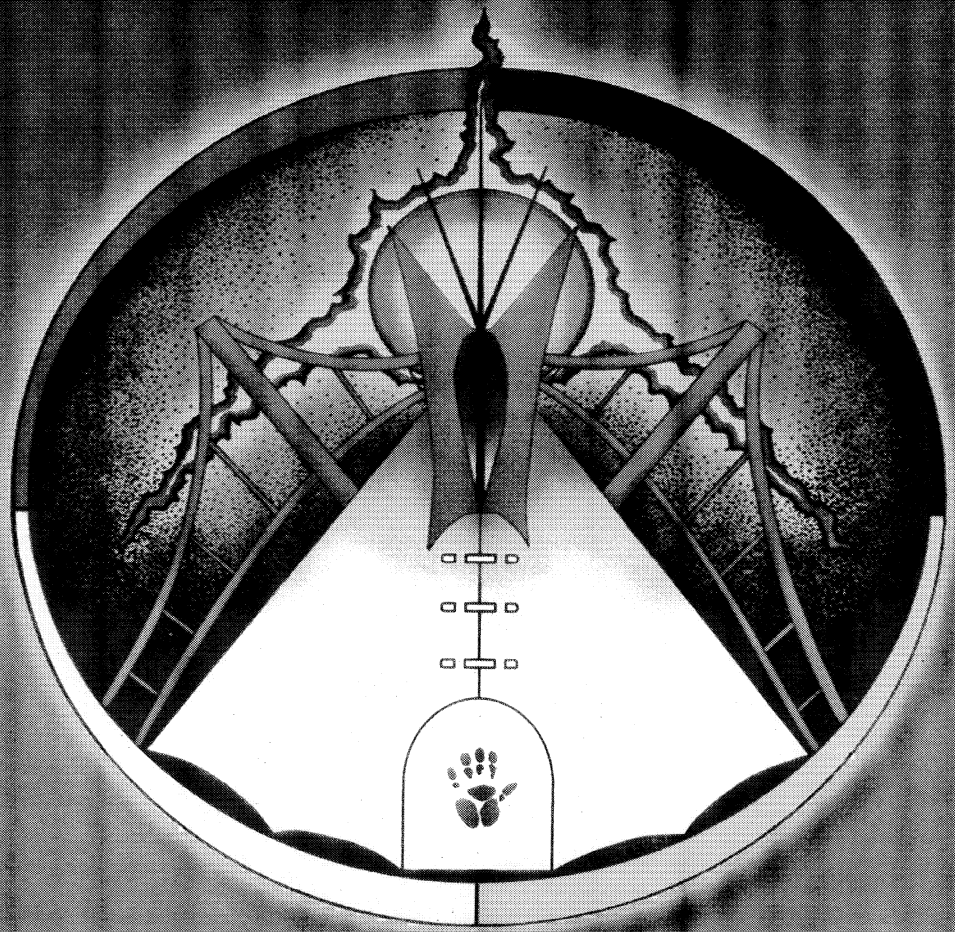
Health Education

The Outreach department services clients in home as well as at youth events, youth oriented health fairs, and cultural events with a focus on schools and Native American gatherings. The Outreach department maintains a structured yet client tailored approach to providing youth with these services which include spiritual, physical, and emotional wellness.

Wilderness Program

The program is delivered through a series of 6-week in-school sessions that teach students how to approach the wilderness prepared not only with the right equipment but with adequate training.
Components of the curriculum include basic camping skills, environmental awareness, and culturally relevant wilderness knowledge. The six-week class ends with the students being rewarded with a wilderness adventure. These adventures escalate from overnight car camping to 2-3 day backpacking adventures to beach, forest, and desert destinations.

Founded in 1973 to meet the unmet health needs of Native American People living in the Bay Area, the Native American Health Center is a licensed non-profit health clinic that targets Native American youth and families.



Contact us:

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Visit Our Program:

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