



Fostering Resilience Youth Leadership Program

Cohort 7 | 2025 Application Information

At the Center for Urban Excellence (CUE), we empower system-involved youth by fostering resilience and wellness through holistic educational, economic, social, and artistic opportunities. We believe in the potential of every young person and are committed to unlocking it, preparing them for success in a rapidly changing world.

Artistic and social-emotional expression is central to our approach, enhancing creativity, emotional intelligence, and leadership. Our Fostering Resilience framework equips youth and their families with tools to overcome adversity while nurturing the next generation of community leaders.

Program Description

The **Fostering Resilience Youth Leadership Program** is a signature initiative at CUE, dedicated to serving system-involved, justice-impacted, at risk of not graduating, or facing other barriers to success in **Solano and Contra Costa Counties**. Grounded in a holistic model that integrates social-emotional learning, career readiness, wellness, and community building, this program provides tools for healing, growth, and leadership.

This **hybrid program** offers a mix of **virtual and in-person engagement** focused on personal growth, leadership, and wellness.

Cohort 7 Dates: August 25, 2025 – December 13, 2025

Youth will engage in:

- Weekly group learning and peer support
- Monthly community service projects
- Creative and wellness-based field trips
- Mentorship and career exposure
- Independent learning and personal development

Eligibility Requirements

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To participate, youth must meet the following:

- Be between ages 10 and 24
- Reside in Solano County or Contra Costa County
- Be system-involved, at risk of not graduating, or from a low-income household
- Be willing to commit to weekly participation, self-paced learning, and monthly events

Program Components

- **Skill-building workshops:** helping youth to develop the skills and knowledge needed to succeed in their education and career endeavors. These workshops may cover topics such as resume writing, job searching, time management, and financial literacy, among others.
- **Mentorship and coaching:** providing youth with the guidance and support they need to achieve their goals. This program may involve pairing youth with mentors or coaches who can provide guidance and support on a regular basis, through virtual meetings or other means of communication.
- **Networking and job shadowing:** opportunities to connect with professionals in their field of interest and learn about potential career paths. This includes virtual job shadowing, internships, and virtual networking events where youth can meet and learn from professionals in their field.
- **Field trips and social outing experiences:** provide opportunities to learn about new places and cultures, and to expand their visions. These trips may be conducted in-person, through virtual reality, or other interactive technologies, or may involve video conferencing. Social events, such as movie nights, game nights, or other recreational activities, provide youth with the opportunity to relax, have fun, and build lifelong connections with their peers.

These activities are designed to promote social bonding, creativity, wellness, and joy. Families are encouraged to join in certain events to strengthen family resilience.

Youth Expectations

To remain active in the program and qualify for monthly stipends, youth are expected to:

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- ✓ Attend **weekly virtual sessions** held every **Monday at 5:30 PM**
- ✓ Complete **1–2 hours** of self-paced learning per week
- ✓ Join **1 CUE social outing or enrichment activity per month**
- ✓ Communicate with CUE staff and respond to reminders or updates
- ✓ Be respectful, engaged, and open to learning

Program Benefits

★ **Leadership Development**

Gain skills in public speaking, team collaboration, critical thinking, and advocacy.

★ **Creative Outlets**

Use art, music, poetry, storytelling, and group projects to express identity and resilience.

★ **Networking & Career Insight**

Meet professionals and learn from diverse voices and experiences.

★ **Wellness Support**

Improve emotional regulation, confidence, coping strategies, and personal boundaries.

★ **Monthly Stipend Incentives**

Earn **up to \$100 per month**, based on your engagement in core program activities.

Weekly Time Commitment

- **4–6 hours per week** (includes Monday session, assignments, and events)
- Most components are virtual with monthly in-person opportunities
- All required activities are communicated in advance, with flexible supports available

How to Apply

To be considered for the 2025 cohort 7, applicants must:

1. Submit Online Application: Complete an online application at the following link: <https://form.jotform.com/250195753880161> OR scanning the QR code on your phone below:

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2. Submit Required Documents:
 - a. Online application with youth & guardian signatures
 - b. Short answer responses (part of the application)
 - c. Most recent report card or high school transcript
 - d. IEP documentation (if applicable)
3. Attend Virtual Info Session/ Parent Meeting
 - a. Monday, August 25, 2025, at 5:30pm
 - i. Zoom link will be emailed after your application is received.

Need Help Applying?

If you have any questions or need assistance completing the application Call or Text: Anija Lee at 707.731.9897 OR Email: anija@centerforurbanexcellence.org

Please allow 3-5 business days for a response.

What Happens After You Apply?

Once we receive and review your application:

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- ✓ You'll receive a **calendar invite** to the Info Session / Parent Meeting
- ✓ Final cohort selections will be confirmed after the virtual meeting
- ✓ Program start date and activity calendar will be shared

Final Notes

This program is for young people who are ready to invest in themselves and grow through community, creativity, and connection. We understand that life can be challenging, and that's why we're committed to walking alongside youth with compassion and flexibility.

Whether your goal is to become a better student, find a job, express yourself through art, or just feel more confident in who you are, this program is here to support you every step of the way.

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