

Cuidate!

“Take Care Of Yourself”



This a culturally based program is designed to reduce HIV sexual risk among youth. This program is an adaptation of the **Be Proud! Be Responsible! Program**. Today all teens, including Latinos, face many health risks related to sexual behavior, such as pregnancy and sexually transmitted diseases including HIV and AIDS. !Cuidate! Helps youth develop the knowledge, attitude, and skills to reduce their risk for HIV. The program emphasizes risk reduction strategies such as sexual abstinence and condom use through fun activities.

- **This is a FREE 6 hour program that will give \$25.00 gift cards to all participants who complete the program successfully.**
- Must be between the ages of 13-19.
- If teens put a group of 12 or more together to take the program, we will give them an extra incentive.
- We have very flexible schedules to accommodate anyone.
- Free condoms available.
- Free HIV and STD testing is available.
-

***STARTS Tuesday June 22, 2010 at
5:30pm in Eagle Bear Hall!***

**For more information, call Betsy Gardea
at 303-302-3269**

Sponsored by Denver Area Youth Services (D.A.Y.S.)

**The South West Denver Community Center
A Division of the South West Improvement Council (SWIC)
1000 S. Lowell Boulevard Denver, CO 80219 (303) 934-2181
*Serving Residents of Southwest Denver since 1987***

Southwest Matters

Volume 5, Issue 1

June 18, 2010

Volunteers Needed for Family Day

SWIC's second annual **Family Day** “Fiesta” is July 10th from 10:00am to 3:00pm and ***we need your help!***

Volunteers are needed to assist with set up, clean up, running games for children, and barbequing hot dogs and hamburgers. Volunteers are needed in two-hour shifts. If you are interested in helping out, please call Beth at 303-922-2928.



SWIC's Ongoing Programs

- ◆ **Foreclosure Prevention and Housing Counseling:** FREE! You do not have to be behind on your monthly payments. Call Ron at 303-934-0923 for more information!
- ◆ **VOA Hot Lunch for Seniors:** 10:30am—12:30pm Monday—Friday. Donations welcomed, never required!
- ◆ **Weekly Food Boxes:** 10:30am—2:30pm every Friday. \$2 donation suggested, never required!
- ◆ **Free Adult Exercise:** 8:00am—10:30am and 4:00pm— 6:00pm. Weight room, gymnasium and Zumba! Call Jenny at 303-934-8063
- ◆ **Youth Programs:** 2:00pm— 5:30pm Monday — Thursday. Free Arts and Crafts and Open gym!