

## Directions for Youth & Families

A Resiliency-Oriented/  
Trauma-Informed Agency

**Resiliency** → the ability to return to being healthy & hopeful after difficult things happen in your life.

**Trauma** → any past event, situation, or experience resulting in distress.



→ **We believe** all individuals have rights and a voice in treatment that will be met with respect and dignity.

→ **We believe** children and families thrive best in physically and emotionally safe environments.

→ **We believe** all children and families have unique strengths, abilities, and talents and that with the right supports and encouragement youth can achieve their full potential.

→ **We know** parent involvement is critical in helping children learn to interact in a healthy way with others, manage their emotions, and communicate their feelings and needs.



DFYF is accredited by:  
the Council on Accreditation for  
Children and Family Services (COA)



DFYF is certified by:  
Ohio Mental Health and Addiction  
Services Department

DFYF is a member of:

- Family Service Council of Ohio
- Ohio Council of Behavioral Healthcare Providers
- Ohio Association of Nonprofit Organizations

DFYF collaborations include:

- United Way of Central Ohio
- United Way of Delaware County
- ADAMH Board of Franklin County
- Franklin County Department of Job & Family Services
- City of Columbus
- Franklin County Juvenile Court
- Ohio Attorney General's Office
- Columbus City Schools
- South-Western City Schools
- The Columbus Foundation



# Directions

for Youth & Families

Changing lives. Changing communities.

## Ohio Avenue Youth Center



After-School & Summer  
Programs designed to create a  
safe, positive environment  
for youth ages 8-17

657 South Ohio Avenue  
Columbus, OH 43205  
(614)258-8043



DFYF is 1 of 27 members  
of The National Crittenton  
Foundation family of agencies.  
Operating in 31 states, DFYF  
is the only one in Ohio.

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Empowering families and their  
children to make sound choices  
and achieve promising futures

## • Ohio Avenue Youth Center •

Ohio Avenue Youth Center provides a safe, positive environment where young people are encouraged to

- think creatively
- try new experiences
- develop tools for self-expression
- give back to their community through the arts or service projects.

In a high risk neighborhood with few opportunities, Ohio Avenue Youth Center offers a safe and trusting environment where positive relationships are built. Center activities are provided free of charge.

## Prevention and Education

All After School programming includes the following prevention services:

- Healthy Leaders Groups
- Substance Abuse Prevention
- Life Skills Education Groups
- Creative Arts
- Recreation/Fitness
- Homework Help
- Computer Skills

Prevention education activities teach participant's critical life and social skills as a means of promoting health and well-being in youth. Our leadership program, Healthy Leaders, includes discussion groups that address the following issues:

- qualities of a good leader
- anger management
- conflict resolution
- decision-making and problem-solving skills
- consequences of substance use and delinquent behaviors
- personal goal-setting, and much more

Additionally, Healthy Leader participants complete Community Service Projects four times a year.

## Recreation & Artistic Choices

- Ohio Avenue Youth Center focuses on increasing self-esteem and positive values, and providing alternatives to substance abuse, violence, and other delinquent behavior.
- We specifically utilize activities to help strengthen interpersonal skills, leadership, and personal responsibility.
- We offer activities in the form of expressive and performance arts, recreation/fitness and group education activities that focus on tapping into the creative abilities and interests of the youth.
- Activities are held Monday through Friday 3 p.m. to 7:30 p.m. and participants can become involved in all of the after-school programs.

## Computer Lab:

Computer Education classes and homework help.



## Music:

All aspects of music education and development to play a variety of instruments, read music and participate in a wide range of community performances throughout the year.



## Recreation/Fitness:

Full size gym and a fitness & exercise room with weight and aerobic equipment



## Dance:

Ballet, lyrical, modern and hip-hop dance forms with performances in a variety of community events throughout the year



## Visual Art:

Ceramics, jewelry making, print making, painting, drawing, mixed media and fiber art along with a business component



## A Healthy Meal:

Youth help prepare and cook a meal that is served each evening. This is part of our nutrition education program that focuses on nutritious food and healthy cooking

