

Pulling Together Reaching Out



Positive Coaching Alliance workshops show young athletes, their parents, and their coaches how to win on and off the field through emotional and relational skill building. We also promote 5Rs character development based on respect, responsibility, resourcefulness, relationships, and resiliency, which has been adopted in all the schools in the Castle Complex.

Two or three times a year, we sponsor a *Malama* project; our local police escort volunteers to paint over graffiti and pick up debris. About 80 adults, teens, and children give up their Saturday morning to revitalize our town.

We also hold workshops and disseminate educational materials on drug awareness, so parents and children are better equipped to understand the dangers, how to handle peer pressure, and communicate skillfully. Other workshops give tips and information on dealing with stress, discipline and other parenting challenges.

Additional support is provided throughout the year through free events on topics from science to gardening to fitness, all geared to strengthening mind and body. Parents and children enjoy sharing fun, hands-on learning together. These events also connect folks to more resources in the community and give a wider audience for neighbors to share their expertise.

Community Works partners with other coalitions, too, to make the public aware of compliance check violations and tackle issues of youth substance abuse in state legislation and retailers' policies. Coalitions encourage synergy, a total effect that is greater than the sum of its parts. When we pull together, we reach out more effectively.