

THE NORTHSIDE CHRONICLE'S SUMMER YOUTH GUIDE 2023





Spray parks and outdoor swimming pools typically open after the end of the school year in June and close in September. For upcoming 2023 information, check: <https://pittsburghpa.gov/citiparks/citiparks-swimming>

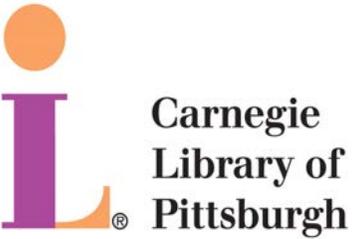
Jefferson Recreation Center provides daily afterschool and summer youth programming. For upcoming 2023 information, check: <https://pittsburghpa.gov/citiparks/rec-centers-info>

CitiCamp STEAM based summer camp for children 7-12 years of age and Tot Camp for children 4-6 years old. For upcoming 2023 information, check: <https://pittsburghpa.gov/citiparks/citiparks-kids-citicamp>

CitiSports offers a variety of leagues to join year round. For details about upcoming 2023 summer leagues, call: (412) 488-8397 or visit: <https://pittsburghpa.gov/citiparks/citisports>

Roving Art Cart brings Arts in the Parks for an enjoyable outdoor experience, weather permitting, Tuesdays through Fridays, throughout the City's parks. Activities are designed for children ages 5 to 12. For more information and the upcoming 2023

schedule, check: <https://pittsburghpa.gov/citiparks/roving-art-cart>



Teenspace at the CLP - Allegheny Library offers recording studio space in the form of recording booths or mobile recording stations. These resources are available to teens only (grades 6 - 12, ages 12 - 19) and participants must earn a Recording 'badge' before using the equipment.

All CLP Teenspaces have garageband available as part of the LABS @ CLP which offers four Lab Kits to use for self-directed learning with CLP Teen staff available for help and suggestions. Learn more at: <https://www.carnegielibrary.org/kids-teens/the-labs-clp/>

In addition to onsite resources, CLP offers Teen Time @ Home, a curated Youtube channel of creative learning projects. <https://www.carnegielibrary.org/kids-teens/teenspace/>

At both Northside CLP branches (Allegheny and Woods Run) there are a variety of weekly events free to the public that include: Teen Choice, Teen Time, Kids Club, Playdate at the Library, Storytime: Family

Fun, plus one-off events and sponsored series. Learn more at: <https://www.carnegielibrary.org/events/>

CLP 2023 Teen Media Award Submissions: Calling all teen artists, authors and creators! Submit your best work to CLP's annual Ralph Munn Creative Writing Contest and Labs Awards beginning Monday, March 13.

RALPH MUNN CREATIVE WRITING CONTEST

All top-rated submissions will be published in the 2023 Ralph Munn Creative Writing Anthology, a book of creative work distributed to all Allegheny County public libraries. Writing Categories: Poetry and Short Prose. Prizes will be awarded in each category: 1st Prize: \$250 and 2nd Prize: \$100. All applicants will be notified whether or not they have won an award by the end of June. Submissions that do not conform to contest guidelines will not be considered. All entries must be submitted by 9:00 am on Monday, April 17, 2023. For full contest rules, visit: <https://www.carnegielibrary.org/kids-teens/teenspace/ralphmunn/>

THE LABSY AWARDS

Are you someone who loves to create? Allegheny county teens in grades 6-12 are invited to enter original creations and works of art in the annual Labsy Awards teen media contest. Teens may submit up to two entries. Prizes will be awarded in each category. 1st Prize: \$250 and 2nd Prize: \$100. Six Categories for submissions: 2D Art & Design, 3D Art & Design, Short Film, Fashion, Music, Photography. All entries

must be submitted by 9:00 am on Monday, June 26, 2023. For full contest rules and category requirements, visit: <https://www.carnegielibrary.org/kids-teens/teenspace/labsyawards/>



The Northside has an array of organizations and world-class institutions that provide youth engagement activities, including summer camps, all year round. Below is a list of some of the many locations right in your own backyard to check out their summer programming for the 2023 season:

- Children's Museum
- Museum Lab
- Northside Baseball & Softball Association
- Carnegie Science Center
- National Aviary
- Old Allegheny Soccer
- Sarah Heinz House
- Allegheny YMCA
- Northside Youth Athletic Association
- CCAC- Allegheny Campus
- Saturday Light Brigade (SLB)
- Manchester Youth Development Center
- Pirates Baseball Summer Camps
- Providence Connections
- Urban Impact
- Steel City Arts Initiative

FREE STORE

FOOD & PERSONAL CARE ITEMS DISTRIBUTION

SATURDAYS • 10 a.m. until supplies are gone

UPCOMING DATES: MARCH 11 & 25
APRIL 15 & 29

CLOTHING HOURS

MONDAY THROUGH FRIDAY

8:30 a.m.-3:30 p.m. • by appointment only

SATURDAY during FOOD & PERSONAL CARE ITEMS DISTRIBUTION

10 a.m.-noon

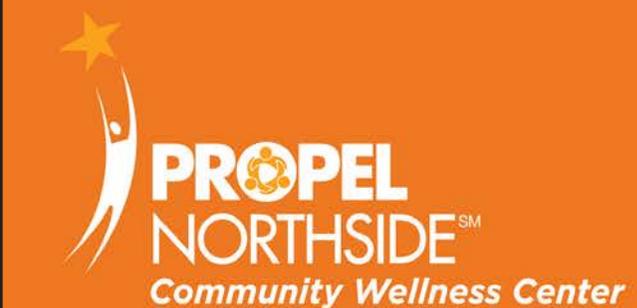
Are you looking for a welcoming space for your next meeting or event?

The Propel Northside Community Wellness Center is perfect for small meetings to larger events.

Scan the QR code to learn more about our rental space.

If you have any questions, contact Nicole Brown at nicolebrown@propelschools.org or call 412-325-7305 ext. 4000.

1805 Buena Vista Street • Pittsburgh, PA 15212
(use Brighton Road entrance)
Phone: 412-325-1412 Ext. 4000 • Fax: 412-325-1428
www.propelschools.org/northside-wellness



YouthPlaces
 Project Destiny
 Fishing Rod Foundation
 Mattress Factory
 Warhol Museum
 Manchester Craftsmen's Guild
 Pittsburgh Project

In addition to these groups, many churches on the Northside offer summer programming for kids of all ages. If you're unfamiliar with what churches are in your neighborhood, a good place to start is going back to page 2 of the newspaper and finding your community group's contact to ask.

Speaking of community groups, there are plenty of ways the entire family can be active and engage with their neighborhoods by volunteering with their respective organization. Spring time starts the uptick of activities, from community gardening, to block clean-ups, egg-hunts, Memorial Day events, fundraisers, community gathering days, to September's citywide Annual Garbage Olympics before many well known fall family events.

Volunteers are the core of every Northside community group and provide opportunities to meet new neighbors, improve quality of place together, and take part in larger projects that create lasting change.

While younger kids may only be excited for the more stimulating and engaging activities, teens may appreciate the experience of early volunteering to improve their neighborhoods and learn how to take ownership of what it means for them to be part of a larger community.

Those interested in the environ-

ment can also be part of other clean-up and maintenance projects right here on the Northside through other non-profit ongoing initiatives, such as Friends of Riverview Park, Trail Pittsburgh, Friends of the Riverfront, Allegheny Cleanways, Tree Pittsburgh, and Pittsburgh Park Conservancy.

With so many options to choose, from in-person to digital, paid for to free, with day-stays, over-night, to weekly meet-ups, the Northside offers something for every child to grow, enjoy, and stay healthy this summer.



Photo: (c) monkeybusinessimages / iStock via Getty Images Plus

Ensuring Good Nutrition and Better Health of Children and Caregivers

(StatePoint) There are 2.5 million children in the United States growing up in "grandfamilies," meaning they're being raised by relatives or close friends without their parents in the home, and they face higher rates of hunger and food insecurity, according to a new report. The Generations United report, "Togeth-

er at the Table: Supporting the Nutrition, Health and Well-Being of Grandfamilies," highlights the particular struggles of such households, which are often unprepared financially for the unexpected job of raising a child, and may encounter difficulty accessing food and nutrition programs designed to help.

In fact, 25% of grandparent-headed households experienced food insecurity between 2019 and 2020, which is more than twice the national rate. The long-term health implications of food insecurity -- including diabetes, hypertension, heart disease, obesity and eating disorders -- are dire. Additionally, food insecurity negatively affects a child's ability to learn and grow.

While families from all areas of the country face food insecurity, for the large number of grandfamilies living in the South and in rural areas, services are often more limited or challenging to access. What's more, grandfamilies are disproportionately Black, Latino and American Indian and Alaska Native, populations that already have disproportionate rates of food insecurity due to years of systemic racism.

Recently, the White House released a sweeping national strategy to reduce hunger. While advocates describe the plan as welcome and comprehensive on many levels, and say that it identifies the importance of improved outreach to grandfamilies, they also believe it must go further.

According to Generations United, some key policy changes to reduce food insecurity for grandfamilies include:

- Developing quality kinship navigator programs that connect grandfamilies to support and services in their communities.

These programs should provide food and nutrition support to grandfamilies outside the child welfare system.

- Expanding access to the Supplemental Nutrition Assistance Program (SNAP) by making a "child-only" benefit that is based on the needs of the child as opposed to household income and by increasing outreach to grandfamilies.
- Ensuring automatic access to free and reduced school meals for children living in grandfamilies.
- Improving outreach of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to help reach more grandfamilies and connect them with benefits for which they are eligible.
- Creating joint meal programs for grandfamily caregivers and the children they raise.

"Research shows that being raised by family members or close friends is the best option for children who can't be raised by their parents," said Donna Butts, the executive director of Generations United. "But unfortunately, these families face hunger and food insecurity at much higher rates than the average family. The need for basic nutrition and adequate food is universal, and every family deserves to be healthy and thrive. The fact that many of our policies and programs to reduce hunger were not designed with grandfamilies in mind should not stand in the way of this right."

To read the full report and learn more about issues affecting grandfamilies, visit <https://www.gu.org/>.

Summer Camps

2023 June 12 - August 18
 For ages 4 - 13

children's
 museum
 pittsburgh

museumlab

Reserve your spot today!

www.pittsburghkids.org/summer-camps