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## About TRAC

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Caring mentorship and a safe place for young people 11–18 to participate in sports and the arts, get help with homework, develop real world skills, and spend time with friends.

Monday through Friday  
TRAC Center  
5:00pm–9:00pm\*

TRAC Advantage  
(middle school only)  
4:00pm–7:00pm\*

*\*Hours may change during the school year. Stay up to date by visiting [familyservicesny.org](http://familyservicesny.org)*

Family Partnership Center  
29 North Hamilton Street  
Suite L13  
Poughkeepsie, NY 12601

**Program is free**  
**Registration required**

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Poughkeepsie, NY 12601

### Contact Us

(845) 452-1110 x3124

[www.familyservicesny.org](http://www.familyservicesny.org)



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Founded in 1879, Family Services brings people together to find the support they need, improving their lives and communities, and building a stronger, safer Hudson Valley. Our program areas include Behavioral Health Centers, Victim Services, Family Programs, Youth Services, Community Safety, and Prevention, as well as the management of the Family Partnership Center.



#### Funded in part by

The United Way of the Dutchess-Orange Region, Dutchess County, Anne and Abe Donor Advised Fund of the Community Foundations of the Hudson Valley, and The Vassar College Good Neighbor Program

This project is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature and administered by Arts Mid-Hudson

# Teen Resource Activity Center

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Youth Services

We are for **learning**  
for **inspiration**  
for **belonging**





*"The best reason you should go to TRAC is that they will clear your head by doing so many activities. It will keep your mind and your thoughts off the streets. It got things lighter instead of darker."* —TRAC Participant

## Get on TRAC

### Physical activity

Each day, participants engage in basketball, baseball, or other sports.

### Work readiness training

During the Summer Youth Employment Program, youth learn work readiness skills and secure job placements over the course of 8 weeks. Additional workshops happen throughout the school year.

### Healthy living workshops

TRAC collaborates with other organizations to provide workshops on nutrition, financial literacy, and STI and teen pregnancy prevention.

### Nutritious meals

Served each day. Middle school students who begin at 4:00pm also receive a snack.

### Creative Arts

Includes self-expression through media, drama and visual arts.

### Academic assistance

Mentoring, homework help, exam preparation, and STEM activities revolving around our athletic programming. TRAC is equipped with computers and tablets to assist youth with their school assignments, test preparation, and college searches.

### Cultural Exploration

Includes ethnic celebrations and cultural origin activities.

### Service Learning

Community service projects are designed and implemented by youth.

### Family Nights

Includes arts and crafts, games, and family recreation.

### Parent Activities and In-services

Includes workshops on internet safety, parent/child conflict resolution, and middle school/high school transitioning.

## Arts on TRAC

**Poughkeepsie Youth Theatre (PYT)** welcomes young people interested in creating and presenting original, collaborative theatre. Youth who participate in this free after school program have the opportunity to work alongside theatre professionals and Vassar College and Dutchess Community College drama students.

Activities include:

- Theatre games and Improvisation
- Scene building
- Rehearsal, Discussion, and Reflection

**PYT takes place Wednesdays during the school year\***

**5:00pm–8:00pm**

*\*Space is limited and consistent attendance is mandatory*

Program is free • Registration is required • Visit [familyservicesny.org/program-areas/youth-services/teen-resource-activity-center-trac/](http://familyservicesny.org/program-areas/youth-services/teen-resource-activity-center-trac/) for an application