
PG HIGH MYSTRENGTH NEWS

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In 2006 Pacific Grove High School was the first school in the county to embrace the opportunity to form a MyStrength Club on their campus. Beginning with presentations to the football team during pre-season two-a-day workouts, the ground work was laid for a sustained MyStrength Club.

PGHS is now enjoying its third year of the MyStrength Club at its campus. The club boasts more than thirty graduates. Membership has been steady and enthusiastic, with a nearly 100% return rate of previous year's members.

In 2008, eleven seniors went on to college and were replaced by a young diverse group of boys allowing the group to not miss a beat. The young men involve themselves immediately in the classroom, on their campus, and in the community offering their energy to support awareness and fundraising efforts. Each year members march in the 'Take Back the Night' demonstration, speak at outreach events, and help staff MCRCC's annual 'Together with Love' 10k Run/walk. We could not have asked for a better start to this exciting program.

Additionally, Pacific Grove High's MyStrength Club provided us the opportunity to attempt the first running of the "MyStrength Legacy" group. MyStrength Club members who have graduated from high school were invited to reunite and speak of their experiences in college and in their interactions after school. What resulted was a telling of the

challenges, realizations, and trials that were faced by these young men and how the MyStrength Program has helped them. A brief video of their discussion has provided a valuable tool for the current club members by showing a perspective beyond that of the staff/facilitators.

Our thanks go out to the "Ex" members that took time out of their schedules to meet once again.

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Posters and radio ads are available at
www.MyStrength.org.

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