



**The County of San Diego
Health & Human Services Agency and
Helix Charter High School Aspire Program
INVITE YOU TO JOIN:**

**The Helix Charter High School
RESIDENT LEADERSHIP ACADEMY
Internship**

Creating a Healthy, Safe, and Thriving Environment for La Mesa

The **Resident Leadership Academy (RLA)** is a **FREE** semester-length program that will provide you with the knowledge and skills to improve your community leadership skills and enhance your college and job applications. Those who complete the sessions and the community improvement project will receive a Certificate of Completion from **The County of San Diego Health and Human Services Agency** and earn community service hours towards HCHS graduation requirements.



Topics Covered:

- Community Leadership & Advocacy aligned with the **Live Well San Diego** vision
- Crime Prevention and Community Safety
- Healthy Food Systems / Healthy Food Access
- Student-led Community Improvement Projects



**Every Tues. 2:40-4:00 pm from Jan 15 through May 28 (except school holidays)
Helix Charter High School, Room 1420
4200 Lowell St., La Mesa, CA 91941**

Please See Back for Application

For more information contact -

Dr. Janet Castanos – jcastanos1@gmail.com or 619-933-9960

Ms. Yolanda Street – Counselor – street@helixcharter.net or 619-644-1940 x199

Ms. Paula Ann Trevino – Grade Level Principal - trevino@helixcharter.net x122

Upon Completion of the Resident Leadership Academy, participants will have an opportunity to work together on community improvement projects – **Please See Back for Application**

RESIDENT LEADERSHIP ACADEMY APPLICATION

Please tell us about yourself -

Name: _____

Address: _____ City: _____ Zip Code: _____

Telephone: _____ Email: _____

What do you like most about the neighborhood around Helix Charter High School?

Regarding healthy food access, what do you think are the two most pressing problems facing residents and/or students near Helix Charter High School?

What are your reasons for wanting to join Resident Leadership Academy?

What are your expectations from Resident Leadership Academy?

Please return completed application to any counselor or email to:

Dr. Janet Castanos – jcastanos1@gmail.com or text to 619-933-9960

Ms. Yolanda Street – Counselor – street@helixcharter.net or 619-644-1940 x199

Ms. Paula Ann Trevino – Principal - trevino@helixcharter.net 619-644-1940 x122

Or mail to:

Ms. Joan Urich, Admin Office
Helix Charter High School
4200 Lowell St.
La Mesa, CA 91941



LIVE WELL
SAN DIEGO