



CAPTAIN CHS has believed in youth volunteerism since its inception. In partnership with Shenendehowa School District, our CAPteen Program is a youth-driven, youth development program aimed at involving local teens in community service, philanthropy, and helping those in need.

High school freshmen, sophomores, juniors and seniors are eligible to become CAPteens. They act as ambassadors for CAPTAIN CHS and commit to 30 hours of volunteer service. CAPteens serves as an excellent opportunity for students to demonstrate a commitment to community service while building a resume for life.



CAPteens has had over 1,500 high school members since the program began in 1987, promoting positive development, leadership, self-esteem, character building, and citizenship. CAPteens participate in a broad base of community service opportunities, such as:

- Hosting community education events
 - Homework Help at Cheryl's Lodge Outreach Center in Halfmoon Heights
 - Mobile Home Community
 - R U OK? TXT hotline
 - Teen Talk/Phone-a-Friend hotline
 - Winterfest
- Serving Thanksgiving Dinner at a local senior living and memory care center
 - Help at Make-A-Wish Event
 - Helping with promotional and fundraising events for CAPTAIN CHS
- Two-day retreat for training and team building
- Serving as ambassadors for CAPTAIN Community Human Services

R U OK?

Have you ever been bullied or have a friend who has been bullied? Have you ever witnessed bullying?

We're sure you answered yes to one of these questions, and in all of these circumstances, it can be difficult to know what to do. R U OK has been designed to help in these situations and others.

Regardless of the situation, if you are dealing with difficulty or are aware of someone who needs help,

Text R U OK to 518-300-4320!

You will be connected to an anonymous peer operator who is trained to help you receive real time, real solutions to real problems. You don't need to stay silent any longer, or worry about how to intervene. Just text 518-300-4320 and get the help you need.

R U OK is a service sponsored by CAPTAIN Community Human Services' CAPteens and All In One Wireless. It is available 7am into the evening each day school is in session.

JOB ASSIST

Job Assist is a free youth employment program matching local employers with youth in the Shenendehowa, Burnt Hills-Ballston Lake, or Ballston Spa School Districts, and local employers. Youth are provided with job matching support and skills to help them succeed.

While matching first-time job seekers with employment, Job Assist helps youth to:

- Develop employment readiness and interviewing skills
- Prepare their resume
- Understand the hiring process
- Set professional expectations for the world of work

Youth may enroll by filling out an application, either online or by downloading a PDF. Parental signature is required for youth under age 18.

Looking To Hire Youth?

Businesses and local residents seeking to hire youth may apply to have their job opportunities listed. Full-time, part-time, seasonal, and odd jobs are acceptable. Youth with matching skills will be referred to the employer to apply.

Complete the employer application on our website, or call to enroll.

WHERE WE ARE

CAPteens

5 Municipal Plaza, Suite 3
Clifton Park, NY 12065
518.371.1185 (p) | 518.383.7997 (f)

Job Assist

Shenendehowa Schools: 518.371.1185
Ballston Spa Schools: 518.371.1185
Burnt Hills-Ballston Lake Schools:
518.729.7997

CAPTAIN Community Human Services

Clifton Park Office

5 Municipal Plaza, Suite 3, Clifton Park, NY 12065
518.371.1185 (p) | 518.383.7997 (f)

Glenville Office

543 Saratoga Road, Glenville, NY 12302
518.399.4624 (p) | 518.399.8663 (f)

Cheryl's Lodge

25 Fern Lane, Clifton Park, NY 12065
518.373.8873 (p)

CAPTAIN's Treasures

1705 Route 9, Clifton Park, NY 12065
518.383.1788 (p)

Helpful Numbers

Care Links 518.399.3262
Street Outreach 518.469.7897
Youth Shelter 518.584.6042

For the most up-to-date information about our programs and services, upcoming events, and more, please visit our website:

www.captaincares.org



CAPTAIN

Community Human Services

Lifting people up. Building brighter futures.

YOUTH DEVELOPMENT

www.captaincares.org

