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The goal of the Youth Services Unit is to make a difference in the lives of our youth by promoting and supporting community youth programs that empower them. On behalf of the Unit we would like to thank Cayman National for their financial contribution toward the 2010 edition of the Cayman Islands Youth Service Providers’ Directory. The Youth Services Unit would also like to acknowledge the amazing graphic designs contributed by GIS in this edition.
Welcome to the Cayman Islands Youth Services Providers Directory

We value and respect young people as true assets in the development process and contract with them to exemplify and instill the spirit of collaboration, teamwork, innovation, and civic pride, in all our interactions with them.

OUR VISION

ONE YOUTH AT A TIME WITH ALL YOUTH ON BOARD, THE YOUTH SERVICES UNIT DRIVES NATIONAL PRIDE AND DEVELOPMENT.

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This list of youth programmes and summer activities has been collated by the Youth Services Unit as a resource to youth, parents, guardians and other members of the public. This listing informs them of the availability of a number of youth programmes across the Cayman Islands. The Youth Services Unit is not responsible for the operation of any of these programmes. Parents and guardians are invited to contact the organizers of the programmes for more details about programme content, activities and staffing. In addition, parents and guardians are encouraged to visit the programmes, so that they can make informed decisions about permitting their youth to attend any programme or summer activity included in this booklet. The Youth Services Unit wishes to thank Cayman National for their sponsorship of this 2010 edition of the Cayman Islands Youth Service Providers Directory and Government Information Services (GIS) for the wonderful graphic design.
No-one is born knowing how to raise a child. In addition, children are individuals - each with their own temperament and will. And while we love our children, sometimes as parents we are left scratching our heads over how to help guide our children to adulthood.

However, even as they are all unique, there are some things that young people have in common, such as the need to belong, the need for peer support and the need for adult leadership. And even better yet, we do not have to walk the parent road alone.

As you page through this second edition of the Cayman Islands Youth Services Directory you will find a host of community, uniform and faith-based groups that are willing to help impart valuable life lessons to our youth.

Peer pressure is a strong force when you are growing up. Young people are easily influenced by each other, and so the best we - as responsible parents - can do, is help our children find the right group to spend their time with.

I therefore ask parents to help their children get involved: Talk to them about the benefits of being part of a youth group; help them to select a programme that suits their personality and complement their interests; be there to drive them to and from meetings, and talk to them about what it means to be part of community activities.

Furthermore, being involved bears fruit on many levels, and certainly goes beyond just keeping children busy and off the streets. Group membership instills responsibility, it broadens horizons and teaches our children what it takes to become a caring adult.

I commend and thank the Youth Services Unit for diligently putting together this valuable resource publication. With the sheer number of groups that offer quality activities available, a young person need never be bored in the Cayman Islands.

So, go ahead make a difference...get your child involved!

**The Hon. Mark Scotland, JP**
Minister of Health, Environment, Youth, Sports and Culture
A Message
from the Director of The Youth Services Unit

Welcome to the 2010 updated version of the Cayman Islands Youth Service Providers Directory. Hopefully this is the year that you’ll be motivated to join a youth group - be it sporting or otherwise.

There are many benefits of being part of a youth group. Being part of a group offers opportunities to:

• end boredom
• improve your physical health
• improve your mental health
• make new friends
• visit new places
• explore new ideas and concepts
• start a new hobby
• improve your interpersonal skills
• learn how to handle conflict
• learn how to handle disappointment
• learn how to recover ‘bounce back’ from an unsuccessful attempt

Research shows that young people who are involved and engaged are less likely to become addicted to bad habits like smoking or drinking or involved in risky sexual activity.

Furthermore, involvement in nontraditional activities for each gender (such as sports for girls and church for boys) proves a greater protection from delinquency. Involvement in extracurricular activities helps deter delinquency by reducing unstructured time, providing incentives to conform and creating avenues for attachments with other pro-social peers and adults.

There are many programmes available to young people in Grand Cayman and Cayman Brac. The purpose of this Directory is to encourage dialogue between youth and their parents or guardians and together decide what programme or programmes they will join.

Katherine Whittaker
Katherine Whittaker MSc. Ed., MSc. HRM
Head of Youth Services Unit

MAKE A DIFFERENCE...GET INVOLVED!
Youth Empowerment not only occurs in schools, in youth organizations such as Rotoract, Leo’s, Girl’s Brigade, Scouts, Cadet Corp, faith-based youth groups or even through Government policy-making campaigns; the process simply begins in our homes. In realizing that there is a need for the enhancement of sustainable partnerships with these service pillars within our society, enabling them to increase their capacity will in turn provide easy accessibility, relevant and high quality services for our youth.

Youth Accountability

1. As Youth, aspire to gain the best and highest possible level of education that is available to you right here in Cayman. Take time to research what you have here at home that is at your disposal.

2. As Youth of the Cayman Islands take full ownership and responsibility for the future that awaits you. Arrive at your future knowing that you did your best with what you had and made wise choices as it relates to your overall well-being. You have the opportunity to self-advocate (help yourself) when it comes to personal development. Choose to participate in a structured programme so that your time spent is constructive.

3. As Youth have self respect, respect others and you will find that others will respect you in return.

4. As Youth be responsible citizens by contributing to the socio-economical development of our country. When you give back to our country (monetary, skills, etc.) not only does it say you have civic pride it also shows your willingness and dedication to creating a brighter, more secure, prosperous, and sustainable future for our country.

Let us all be respectable and responsible citizens of this great and noble nation we call home. Choose to get involve in a programme that will complement your life goals. If there is an item in this Directory that interests you, be proactive and act on it. Talk to your parents/guardians about it.

Leasa Charlton
Youth Empowerment Officer
Agape Christian Fellowship
Physical Location: #50 Fair Banks Rd adjacent to Triple C School
District: George Town
Postal Address: P.O. Box 276GT Grand Cayman KY1-1104
Contact: Ms. Lina Bothwell at 345-949 2539
E-mail: agapeyute@candw.ky
Website: www.agapecayman.com
Meeting Time/Type of program(s)/Age for
Youth program:
• Sunday 11:00am – 12:00 noon, Sunday School, (3-19 years old)
• Friday 7:30pm-9:30pm, Youth Meeting, (8 yr olds & 12 yr olds)
• Friday, Youth Group, Pre-teen 7:30pm – 9:00pm (8 yrs – 12 yrs)
Mission Statement: To have our young people develop a personal relationship with Christ and to make Him known to their peers.
Cost/Dues: Free

Ambassadors of the Environment by Jean-Michel Cousteau
Physical Location: The Ritz-Carlton Grand Cayman
District: West Bay
Postal Address: P.O Box 32348, SMB, Grand Cayman KY1-1209
Contact: Caroline Cahill, Manager 345-815-6017
E-mail: caroline.cahill@ritzcarlton.com
Website: www.ritzcarlton.com
Meeting Time/Type of program(s)/Age for
Youth program:
Programmes are for 4 to 7 year olds and 8 year olds to adults. Programme times: 9:30am-1:00pm and 2:30pm-5:00pm Monday to Saturdays January to August. Programmes on selected evenings at 6:30pm to 9:00pm and summer camp in July and August.
Programmes include:
• Life on the Edge of the sea.
• Underwater Photography Snorkel.
• The case of the missing Stingray.
• Ambassadors in the Kitchen.
• Starry Nights.
• Lights/ Camera/ Take Action.
• Animal Olympics.
• Mangrove Kayak.
• Focus on Photography.
• Have you ever seen a Blue Iguana?
• Shipwreck Exploration Snorkel
• Hug A Bug
• All about Butterflies.
• Challenges.
• Discovering Sea Turtles
Mission Statement: To create unique experiences and connections in nature inspiring sustainable choices.
Cost/Dues: Programme prices vary depending on the season. 15% discount for all year round.

Bethany Adventist Church
Physical Location: 211 Walkers Road, George Town
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Cipriano Callado 345-949-2647
Meeting Time/Type of program(s)/Age for Youth program:

1. Sabbath/Saturday – Sabbath School
   9:15am to 10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm,
   Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders
   and Adventurers
4. Sporting Activities, at all SDA Churches

Age Range:
6-9 Adventurers
10-15 Pathfinders
16-35 Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

Bethel Adventist Church

Physical Location: Boatswain Bay Presbyterian Church, Boatswain Bay, West Bay
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Joseph Kelly
          345-949-2732 or 345-917-9905
E-mail: jtk@candw.ky

Meeting Time/Type of program(s)/Age for Youth program:

1. Sabbath/Saturday – Sabbath School
   9:15am to 10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm,
   Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders
   and Adventurers
4. Sporting Activities, at all SDA Churches

Age Range:
6-10 Adventurers
10-15 Pathfinders
16-35 Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

Big Brothers Big Sisters of the Cayman Islands

Big Brother Big Sister

Physical Location:
3rd Floor, #8 North Church Street
District: George Town
Postal Address: P.O. Box 32178, Grand Cayman KY1-1208
Contact: Ms. Marilyn Conolly 345-945-6315
          or 345-938-6300
          (F) 345-945-6317
Email: bbbf-cay@candw.ky
Web: www.bbbf.ky

Meeting Time/Type of program(s)/Age for Youth program:
• Weekly, Community-based Mentoring,
  5-14 year olds
• Weekly, School-based Mentoring,
  5-14 year olds

Mission Statement: To provide caring one-on-one mentoring relationships to youth in the Cayman Islands.

Cost/ Dues: Free
Bodden Town Adventist Church
Physical Location: Bodden Town Rd
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Al Powell 345-949-2647 or 345-926-4493
E-mail: al_rpowell@yahoo.com
Web: www.caymanconference.org
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am to 10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach
Age Range:
6-11 Adventurers
10-15 Orion Pathfinder Club
16-35 Senior youth
Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.
Cost/Dues: Free

Cayman Islands Cadet Corp
Physical Location:
First Assembly of God, 195 Old Crew Road
District: George Town
Postal Address: Gov’t Admin Bidg, Grand Cayman KY1-9000
Contact:
Lt. Col. Bobeth O’Garro 345-938-8823
Lt. Ricardo Henry 345-938-8821
Capt. Elizabeth Stewart 345-946-9810
Meeting Time/Type of program(s)/Age for Youth program:
• Tuesdays and Thursdays 5:00pm - 7:00pm John Gray High School
• Wednesdays at First Assembly Of God Church 5:00pm -7:00pm
• Saturdays: Community Service
Mission Statement: To inspire young people to achieve success in life through a spirit of service to the sovereign, Cayman Islands and their community; and to develop in them qualities of a good citizen.
Cayman Islands Girls' Brigade

Physical Location:
Meetings take place in each district at the United Church Hall.

West Bay Girls' Brigade Company:
- Monday, Girls Brigade 4-11 year olds
  5:30pm-6:30pm, juniors, Explorers
- Monday 6:00pm-7:00pm, 8-14 year olds, Seniors
- Tuesday, 5:00pm-6:30pm, 14 year olds and up Brigaders

George Town Girls' Brigade Company:
- Wednesdays, 5:00pm-6:30pm 4-18 year olds (Brigaders, Seniors, Juniors, Explorers)

Savannah Girls' Brigade Company:
- Wednesday 6:00pm-7:00pm, 4-16 year olds for Seniors, Juniors, Explorers
- Tuesdays 6:00pm-7:00pm 14 year olds & up Brigaders

Bodden Town Girls' Brigade Company:
- Tuesday 6:00pm-7:00pm, 4-16 year olds for Brigaders Seniors, Juniors, Explorers

North Side Girls' Brigade Company:
- Monday 6:00pm-7:00pm, 4-16 year olds for Brigaders Seniors, Juniors, Explorers

Postal Address:
P.O Box 2406 GT, Grand Cayman

Contact: Ms. Crawford 345-949-7666

Ages for Youth program: 4-18 years old

Mission Statement: To provide activities designed to help girls attain physical, mental and spiritual maturity and to encourage them to express what they learn through physical service to home, community and church.

Cost/ Dues: Free

Cayman Islands Chamber of Commerce

Physical Location: 51 Fort Street, 2nd Floor, MacDonald Square, George Town (across from the street from the Public Library)

District: George Town

Postal Address: P.O Box 1000, Grand Cayman KY1-1102

Contact: Mr. Wil Pineau, CCE, Chief Executive Officer 345-949-4306 or 345-949-8090

Meeting time/Type of program(s)/ Age for Youth program:
- Mentoring Cayman (14-16 year olds)
- Leadership Cayman (25 years old and up)
- Professional Development and Training Centre (16 years old and up)
- Junior Achievement (12-18 years old)
- Careers, Education and Training Expo (Students and school leavers)
- Financial Assistance, Scholarship and Education Guide (students and school leavers)
- Chamber of Commerce Pension Plan (School Leavers)
- Career Awareness Visits (Years 10 and 11 students)

Mission Statement: Junior Achievement will ensure that every Youth in the Cayman Islands has a fundamental understanding of the free enterprise system.

Cost/ Dues: Programmes are available to all residents.

Cayman Islands Little League Association

Physical Location: Field of Dreams (on the
Cayman Islands Sailing Club
Postal Address:
P.O Box 32137, Grand Cayman KY1-1208
Contact:
Mr. Mike Weber (sailing Director) 345-926-7913
Mr. Rick Caley (Manager) 345-926-7914
Email: sailing@sailing.ky or admin@sailing.ky
Meeting Time/Type of Program(s)/Age for Youth program:
• Sailing
• Ages: 4-18 years old
Cost/ Dues: contact the sailing club.

Cayman Islands Reading Aides
Postal Address:
P.O Box 373, Grand Cayman KY1-1106
Contact: Ms. Sandy McFarlane 345-945-1934
E-mail: mcfar@candw.ky
Meeting Time/Type of program(s)/Age for Youth program:
• After School 5:00pm-6:00pm
• Time could be earlier i.e. 4:00pm if assigned tutor is able to meet earlier
• Ages 7 and upward
Mission Statement: The mission of Cayman Islands Reading Aids "CIRA" is to provide literacy education to motivated adults through the efforts of our dedicated volunteers, and the use of specialized curriculum to meet individual and community needs.
Cost/ Dues: CI$ 10.00 for complete set of 4 lessons.

Cayman Islands Youth Development Consortium
Physical Location: #42 Hirst Road, Unit #5, Savannah Plaza
District: Savannah
Postal Address:
P.O Box 773, Grand Cayman KY1-1103
Contact: Sylvia Wilks (Director) 345-947-5742 or 345-917-3885
E-mail: info@supportingcaymanyouth.com or sylviawilks@ccyinfo.com
Web: www.ciydconline.com and www.supportingcaymanyouth.com
Meeting Time /Type of program(s)/ Age for Youth program:
• TBA
Cost/ Dues: Free
Church of God Chapel Walkers Road

Physical Location: #22 Academy Way (Walkers Rd)
District: George Town
Postal Address: P.O. Box 506 GT KY1-1600
Contact: Bro. Felix Manzanares 345-946-2524 or 345-925-2314
E-mail: felixmanzanares@gmail.com
Meeting Time /Type of program(s)/Age for Youth program:
• Thursday 7:00pm-9:00pm, Youth Choir, 13-19 year olds
• Friday 6:30pm-8:30pm, youth group
• Thursday 6:00pm, Children’s Choir, 4-12 year olds
Mission Statement: One family, one purpose, one destiny.
Cost/ Dues: Free

Church of God Chapel West Bay

Physical Location: Town Hall Road
District: West Bay
Postal Address: P.O Box 274 GT, Grand Cayman KY1-1104
Contact: Milton Dixon 345-949-1794 or 345-929-6526
E-mail: wbcog@candw.ky
Meeting Time /Type of program(s)/Age for Youth program:
• Wednesdays: (5-9yr olds) • 5:30pm -7:00pm
• Friday: (10-14 yrs olds) 7:00pm - 9:30pm
• Wednesdays Youth Choir Practice: 5:00pm- 6:00pm
Cost/ Dues: Free

Church of Prophecy

Physical Location: #325 Eastern Avenue
District: George Town
Postal Address: P.O.Box 1781 GT KY1-1100
Contact: Bishop Winston Leith 345-949-7453 or 345-326-6844
Email: Winston_leith@yahoo.com
Meeting Time/Type of Program(s)/Age for Youth program:
• Friday 7:30pm- 9:00pm, Youth Ministry Program, 13-35 year olds
• Sunday 9:00am-10:00am, Sunday School, (open)
• Sunday 10:15am-1:00pm, Children’s Church, 1-12 yr olds.
Mission Statement: To equip and develop young people who will positively impact their nation (island) and the world for Christ Jesus.
Cost/ Dues: Free

Claude Bailey Tutoring

Physical Location: Family Life Centre
Postal Address: P.O Box 31256 Grand Cayman KY1-1200
District: George Town
Contact: Claude Baley 345-926-3812
Meeting Time /Type of program(s)/Age for Youth program:
• Grades 3-12 and college students
• Mathematics
• CXC & IGCSE
• College Algebra
• Calculus
• Statistics
• Home School Programme
Membership Cost: CI$30.00 per class for school children and CI$40.00 per class for college students.
Commonwealth Youth Club of the Cayman Islands

Physical Location: Mary Street, Unit #6 F&J Building
District: George Town
Postal Address: P.O. Box 16, KY1-1401
Contact: Mrs. Dierdre Scott-Neil 345-925-7153

Meeting Time /Type of program(s)/Age for Youth program:
• Meeting time TBA
• 15-35 year olds

Mission Statement: To work towards an organization where young people are empowered to develop their potential, creativity and skills as productive and dynamic members of society.

Membership Cost: $24 annually

Department of Employment Relations

Physical Location: 2nd Floor, Royal Plaza, Cardinal Avenue
Postal Address: P.O Box 2257, Grand Cayman KY1-1107
Contact: 345-945-3114 • (F) 345-945-3115
Email: dercare@gov.ky
Website: foi.der@gov.ky

Services include:
• Specialized Training
• Interview practice
• Assistance with job applications
• Individual counseling
• Task analysis
• Follow-up
• Assessment, testing, and evaluation of applicants

Mission Statement: to develop and match skilled applicants to jobs through the use of assessing, educating, training and liaising between employee and employer.

Cost/ Dues: Free

Duke of Edinburgh Award Scheme, (The)

Physical Location: Lands and survey Department conference room at BritCay House on Eastern Ave.
Postal Address: P.O Box 270 WB, Grand Cayman KY1-1301
Contact: Ms. Katherine Jackson, Cert. 345-925-5291

Type of program(s)/Age for Youth program:
• 2nd Tue. of each month at 5:30 pm
• 14-25 yr olds Youth development program based on extracurricular activities meeting through youth organisations, schools and individually

Mission Statement: “Challenging young people every where”

Cost/ Dues: Record book $15 plus cost of t-shirts

East End Adventist Church

Physical Location: East End, Grand Cayman
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Wesley Nyack 345-949-2647 or 345-929-0077
E-mail: wdn51@hotmail.com

Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 11:00am-12:30pm worship service.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

Age Range:
6-9 Adventurers
10-15 Pathfinders
16-35 Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

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**East End/ Gun Bay United Church**

**Physical Location:** # 2479 Seaview Rd, East End

**District:** East End

**Postal Address:**
P.O. Box 13 Grand Cayman KY1-1800

**Contact:** Mrs. Marge Quinland 345-926-5368

Meeting Time/Type of program(s) /Age for Youth program:
• Youth Group Friday 7:30pm
• After school, 4-17 year olds
• Sunday School 9:30am-10:30am

Mission Statement: Insuring that the youth and children of the church and community are presented with the gospel and the place and purpose that Christ can have in their lives and working towards making the Church community a place of love and acceptance for them.

Cost/ Dues: After-school program

---

**Education Council Scholarships**

**Physical Location:** 3rd Floor Royal Plaza Bldg, Cardinall Ave.

**District:** George Town

**Postal Address:** c/o Gov’t Admin Bldg, 3rd Floor Royal Plaza, Cardinall Ave., George Town Grand Cayman, KY1-9000, Cayman Islands

**Contact:** Danielle Japal 345-244-3154

**Email:** danielle.japal@gov.ky

**Website:** [www.brighterfutures.gov.ky](http://www.brighterfutures.gov.ky)

**Age for Youth:**
• 17 yrs old and older

**Career Opportunities in Priority Areas of Study**

Education Council of the Cayman Islands Scholarship Program:

**Health**
• Midwives
• Physicians
• Physiotherapists
• Medical Technologists
• Cytotechnologists
• Histotechnologists
• Respiratory Therapist
• Occupational Therapists
• Pharmacists (dispensing and clinical)
• Radiographers
• Sonographers
• Paramedics
• Ophthalmology technicians
• Forensic scientists
• Nurses
• Nursing specialties: MA level in Management, Clinical (all specialties), Education and Research
• Dentist/Dental Hygienist
Education
• Classroom Teachers – Education
• Subject Teachers – Education – Music, Biology, Chemistry, Physics, Spanish, ICT, Math, Business
• Special Education Needs Teachers – Education with Special Needs concentration
• Educational Psychologists – Education Psychology
• Counsellors – Counseling or Psychology

Business
• Finance/Banking/Accounting/Tourism
• Accounting
• Banking
• Business
• Finance
• Marketing
• Human Resources
• Hospitality/Hotel Management/
  Culinary Arts
• Public Relations/Media Communications
• Law – Lawyers/ Paralegal
• Maritime Administration

Engineering
• Architecture
• Aviation Studies
• Civil/Mechanical/Electrical/Structural
• Coastal Engineering
• Construction Management
• Environmental Engineering
• Information Communication Technology
• Project Management
• Quantity Surveying
• Transportation and Traffic Engineering
• Nautical Sciences
• Marine Engineer
• Naval Architect

Humanities
• Social Work
• Counseling
• Library Science
• Museum Management /Archive Studies/
  Curatorial Studies
• Conservation Studies / Archeology
• Art Conservation
• Criminal Justice
• Music/Art/Drama/Dance

Science
• Urban and Regional Planning
• Environmental Planning
• Zoology
• Entomology
• Terrestrial Ecology
• Maritime archaeology
• Water / Waste Water Management

Tech/Vocational studies
• Auto Mechanic
• Graphic Arts
• Computing
• Construction Trades e.g. Electrical, Welding, Masonry, Carpentry
• Exhibition Design
• Boat Mechanic
• Air Conditioning Mechanic
• Auto-body repair
Cost/ Dues: An Application must be submitted.

Elmslie United Church
Physical Location:
48B Harbor Dr. Waterfront, George Town
District: George Town
Postal Address: P.O. Box 494 GT    KY1-1106
Contact: Mr. Ray McCleod     345-325-5111
Website:  www.unitedchurch.org.ky
Email: eimyouth@candw.ky

**Meeting Time/Type of program(s)/Age for Youth program:**
- Monday 6:00pm-8:00pm, Dance & Drama, 13 year olds & up
- Friday 8:00pm-10:00pm teens’ meeting
- Sunday 11:20am-12:15pm, Sunday School, 2-19 year olds
- Girls Brigade: Wednesday 5:00pm-6:00pm, 4-19 year olds
- Thursday 5:30pm-7:00pm, 8-12 year olds kings kids

**Mission Statement:** love God, love others, and make disciples.

**Cost/ Dues:** Free

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**Ephesus Adventist Church**

**Physical Location:** Industrial Park, George Town

**Postal Address:** P.O. Box 515 Grand Cayman KY1-1106

**Contact:** Pastor Caple Thompson 345-949-2647 or 345-926-1465

**E-mail:** cthompson@candw.ky

**Meeting Time/Type of program(s)/Age for Youth program:**
1. Sabbath/Saturday – Sabbath School 9:15am to 10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

**Age Range:**
- 6-9 Adventurers
- 10-15 Pathfinders
- 16-35 Senior youth

**Mission Statement:** To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

**Cost/Dues:** Free

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Faith Cathedral Deliverance Centre

**Physical Location:** #28 McField Lane, George Town

**District:** George Town

**Postal Address:** P.O. Box 1562 Grand Cayman KY1-1110

**Contact:** Ingrid Thompson 345-928-9609
Ynette Kelly 345-928-4303 or 345-947-0710

**Meeting Time /Type of program(s)/ Age for Youth program:**
- Friday 7:30pm-9:30pm
- Sunday School children’s ministry 9:00am

**Mission Statement:** To empower our youth to establish goals and to be the best they can be with the help of Jesus Christ.

**Cost/ Dues:** Free

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**Filadelfia Adventist Church**

**Physical Location:** Rose Marie Street (third building on the right)

**Postal Address:** P.O Box 515 GT, Grand Cayman KY1-1106

**Contact:** Pastor Reinaldo Dracket 345-949-2647

**E-mail:** jtk@candw.ky

**Meeting Time/Type of program(s)/Age for Youth program:**
1. Sabbath/Saturday – Sabbath School
9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

**Age Range:**
- 6-9 Adventurers
- 10-15 Pathfinders
- 16-35 Senior youth

**Mission Statement:** To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

**Cost/Dues:** Free

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**Frank Sound Church of God**

**Physical Location:**
1275 Frank Sound Drive

**Postal Address:** P.O. Box 1233 Grand Cayman KY1-1008

**Contact:** Pastor William Peguero
345-947-3691 or 345-916-0795

**Email:** wrp57@hotmail.com
**Website:** www.franksoundcog.org

**Meeting Time /Type of program(s)/ Age for Youth program:**
- Ages 10 – 19 years old
- Friday 7:30pm-9:30pm

**Mission Statement:** Empowering the people / youth to purpose

**Cost/ Dues:** Free

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**Girls Guides Association**

**Rainbows (4-6 year olds)**

**Physical Location:**
St. Ignatius Prep School, West Bay Primary, Prospect Primary, Savannah Primary, and Triple C School. Brownies (6-10 years old)

**Physical Location:**
St. Ignatius Prep School, Cayman International School, West Bay Primary, Prospect Primary, First Baptist Christian School, Red Bay Primary, George Town Primary, East End Primary

**Guides (10-14 years old)**

**Physical Location:**
5th George Town Guides (combined group of St. Ignatius & Cayman Prep High School-meet at Cayman Prep High School Walkers Road)

**Postal Address:**
P.O Box 10539 Grand Cayman KY1-1005

**Contact:** Joy Frater (Island Commissioner)
345-947-8889

**Email:** jifrates@candw.ky

**Type of programs:**
Leadership, self-confidence, teamwork development programs and community projects “AS MEETING TIMES MAY CHANGE EACH SCHOOL TERM, PLEASE CONTACT RESPECTIVE SCHOOLS FOR MEETING TIMES”.

**Mission Statement:** To ensure the emotional, physical, mental and spiritual development of girls and women so that they can play a full part in their community and the wider world.

**Cost/ Dues:** Start up fee covers cost of books and uniform; girls pay weekly subs.
George Town Adventist Church
Physical Location:
Building # 40, Smith Road, George Town
Postal Address:
P.O Box 515 GT, Grand Cayman KY1-1106
Contact: Pastor Sethres Dixon  345-949-2647 or 345-924-2821
E-mail: sethres33@yahoo.com
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School
   9:15am-10:45am, 11:00am-12:30pm
   worship service at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00 pm,
   Youth Forum
3. Sunday 10:00am-12:00 pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach
Age Range:
6-9 Adventurers
10-15 Maranatha Pathfinder Club
16-35 Senior youth
Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.
Cost/Dues: Free

Junior Achievement, Cayman Islands
Physical Location: McDonald Square, 2nd Floor, Chamber of Commerce’s conference room
District: George Town
Postal Address:
P.O. Box 30698 Grand Cayman KY1-1203
Contact: Pat Randal  345-949-4306
Meeting Time /Type of program(s)/Age for Youth program:
• 15 – 18 years of age
• Meetings are conducted once per week
• 6:00pm-9:00pm
Mission Statement: Junior Achievement will ensure that every Youth in the Cayman Islands has a fundamental understanding of the free enterprise system.
Membership Cost: Free

John A. Cumber Primary School
(West Bay Primary)
Physical Location: 44 Fountain Road
District: West Bay
Postal Address:
P.O Box 405, Grand Cayman KY1-1302
Contact: Joseph Wallace  345-949-3314
E-mail: joseph.wallace@gov.ky
Meeting Time/Type of program(s)/Age for Youth program:

After school activities exclusively for students of the school held on campus from approximately 3:00 pm to 4:00 pm
1. Football
2. Netball
3. Cricket
4. Brownies
5. Rainbow Guides
After school activities held off campus:
a. Skateboard club – Black Pearl Skate facilities, Grand Harbour
b. Swimming—Grace Christian Academy’s pool, West Bay
Cost: Free
John Gray Memorial United Church

**Physical Location:** #42 Church St., West Bay
**Postal Address:**
P.O. Box 342 WB, Grand Cayman  KY1-1301
**Contact:** Tara Tyme  345-949-1378
**E-mail:** jgm@candw.ky or jgmcmminister@candw.ky
**Website:** johngraymemorialchurch.org.ky

**Meeting Time/Type of program(s)/Age for Youth program:**
- Friday- 6:30pm-7:30pm, Jr. High Youth Group, 11-13 year olds
- Friday 7:30pm-9:30pm, Sr. High School Youth Meeting, 14 year olds and up
- Thurs 7:30pm, Pay It Forward, 12 year olds and up
- Monday to Friday 2:45pm-5:30pm, After-School, 4-10 year olds
- Monday, Girls Brigade: 4-11 year olds 5:30pm 8-14 year olds 6:00pm
- Tuesday, 5:30pm, 14 year olds and up

**Mission Statement:** To model a Christ-like ministry and to provide opportunities through which young people will develop a strong positive self image and a responsible life-style and commitment to service.

**Cost/ Dues:** $20 per month per child

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Key Club

**Physical Location:** Prep School
**Contact:** Allison Smith  345-949-9115

**Meeting Time/Type of program(s)/Age for Youth program:**
- Please contact the respective schools

**Mission Statement:** Key Club is an international, student-led organization providing its members with opportunities to perform, serve, build character and develop leadership.

**Cost/ Dues:** Free

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Kings Adventist Church

**Physical Location:** Building # 209 Walkers Road
**District:** George Town
**Postal Address:** P.O. Box 515 GT KY1-1106
**Contact:** Pastor Shian O’Connor  345-949-2647 or 345-916-4642
**E-mail:** shian@candw.ky

**Meeting Time/Type of program(s)/Age for Youth program:**
1. Sabbath/Saturday - Sabbath School 9:15am-10:45am, 11:00am-12:30pm worship service at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

**Age Range:**
- 6-9 Adventurers
- 10-15 Lions Pathfinder Club
- 16-35 Senior youth

**Mission Statement:** To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by
promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

Leo Club of Grand Cayman

Physical Location: Lions Community Centre
District: George Town
Postal Address: P.O. Box 1533GT
Contact: Tristaca Ebanks 345-244-2286 or 345-925-4419

Meeting Time /Type of program(s)/Age for Youth program:
• 1st & 3rd Wednesday of every month 6:30pm at Lions Community Centre, 14-30 year olds
• August, Miss Teen Cayman Islands grooming, etiquette, and pagentry.

Mission Statement: Serving by choice not by change.

Membership Cost: $50 annually

Maranatha Adventist Church

Physical Location: Building # 11 Victory Avenue, Seafarers Building
District: George Town
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Shian O’Connor 345-947-4862, 345-949-2647 or 345-916-4642
E-mail: shian@candw.ky

Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00 pm, Youth Forum
3. Sunday 10:00am-12:00 pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

Age Range:
6-9 Adventurers
10-15 Pathfinders
16-35 Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

National Drug Council

Physical Location:
#17 & #18 Caymanian Village, N. Sound Way,
District: George Town
Postal Address:
P.O Box 10007, Grand Cayman KY1-1001
Contact: Joan West-Dacres or Simon Miller 345-949-9000

E-mail: info@ndc.ky
Website: www.ndc.ky

Meeting Time/Type of program(s)/Age for Youth program:
At an agency’s request/ Drug prevention and education workshops/sessions

Mission Statement: To formulate,
coordinate, monitor and evaluate the implementation of the National Anti-Drug Strategic Plan based on proactive, creative and research driven strategies in accordance with the provision.

Cost/Dues: N/A

National Trust for the Cayman Islands

Physical Location: 558A South Church Street, Dart Park
Postal Address: P.O. Box 31116, SMB, Grand Cayman, KY1-1205
Contact: Erica Daniel, Education Programmes Coordinator 345-749-1126
E-mail: Erica_greenige@hotmail.com
Website: www.nationaltrust.org.ky
Meeting Time/Type of program(s)/Age for Youth program:
3:30pm-5:30pm. Afterschool Enrichment Programme – starting on the 19th of January 2010. Age Range: 8-10 year olds
Mission Statement: The National Trust for the Cayman Islands After school Enrichment Programme will provide children with a safe environment where they will be given the opportunity to express themselves and develop socially, physically and artistically and creatively through a programme that nurtures and respects the uniqueness of every child.
Cost/Dues: $25 per session or $200 for eight (8) weeks

National Youth Commission

Physical Location: #10 F&J Building, Mary Street
District: George Town
Postal Address: c/o Govt. Admin Building, 3rd Floor, Grand Cayman KY1-9000
Contact: Ms. Jenny Manderson 345-946-6151
E-mail: chairman_nyc@candw.ky
Mission Statement: The Youth Commission’s primary responsibility is to monitor the implementation of the National Youth Policy and to advocate for youth issues to be addressed in all other relevant policies.
Cost/Dues: N/A

Newlands Adventist Church

Physical Location: Maxine Gouldbourne Camp Site, Newlands, Bodden Town
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Wilton McDonald 345-949-2647 or 345-916-0533
E-mail: wdn51@hotmail.com
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach
Age Range:
6-9 Adventurers
North Side Adventist Church
Physical Location: Building # 48 Old Robin Rd.
District: North Side
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Caple Thompson 345-949-2647 or 345-926-1465
E-mail: cthompson@candw.ky
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach
Age Range:
6-9 Adventurers
10-15 Pathfinders
16-35 Senior youth
Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.
Cost/Dues: Free

Optimist Club of George Town
Physical Location: Hibiscus Conference Room, George Town Hospital
District: George Town
Postal Address: P.O. Box 504, Grand Cayman KY1-1106
Contact: Elaine Harris (President) 345-325-6634 or 345-939-3954
Email: optimistcayman@yahoo.com
Website: www.optimist.ky
Meeting Time/Type of program(s)/Age for Youth program:
• 1st and 3rd Thursday 6:30pm
• Up to 19 years of age.
  1. Essay Contest- January
  2. Oratorical Contest-February/ March
  3. Internet Safety- March/ April
  4. Junior Optimist Octagon International (JOOI)
  5. Kids Clothes Drive
  6. Children’s Online Newspaper
  7. Family Fun Day (Summer)
Mission Statement: By providing hope and positive vision, Optimists bring out the best in Kids.
Cost/ Dues: CI$ 25.00 registration & CI$ 100.00 annual fee (applicable to the adult optimist club membership- 20 years and older).

Rehoboth Family Enrichment Programme
Physical Location: #134 School Rd T.E.
McField Community Center
Grand Cayman - White Pages

District: George Town
Postal Address: P.O.Box11481 GT, Grand Cayman KY1-1009
Contact: Ms. Beulah McField 345-949-3905 or 345-916-5969
E-mail: beulahvote3@hotmail.com
Meeting Time/Type of program(s)/Age for Youth program:
• Monday - Friday 2:30pm-6:00pm, After-School tutorial, 5-12 year olds
• Pick-up service available
Cost/ Dues: $150 per month

Rotaract Club of Grand Cayman
Physical Location: Icoa Fine Foods and Chocolates, Seven Mile Shops
Postal Address: P.O. Box 1152 Grand Cayman KY1-1101
Contact: Danialle Japal (President) 345-926-8271
E-mail: djapa1985@gmail.com
website: www.rotaractky.org
Meeting Time/Type of program(s)/Age for Youth program:
• 7am every Thursday at Icoa.
• Service Club for students and professionals ages 18-30.
Mission Statement: Fellowship through service
Cost/ Dues: Free

Savannah Adventist Church
Physical Location: Building # 1631, Shamrock Road, Bodden Town
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Reinaldo Dracket 345-947-9963 345-949-264 or 345-926-8264
E-mail: reinel13@hotmail.com
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach
Age Range:
6-9 Adventurers
10-15 Gideon Pathfinders
16-35 Senior youth
Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.
Cost/Dues: Free

SCOUTS (11-16yrs old)
Physical Locations/Times:
• West Bay troops meet at John Gray Memorial Church Hall on Saturdays at 4:00pm
• George Town troop meets at Cayman Islands Prep School Hall (Infant Department- Smith Road) on Monday at 5:30pm
• Savannah Scouts meet at Savannah United Church on Thursday at 5:30pm
• Lighthouse School Scout Group meets at Lighthouse School Hall on Fridays at 3:00pm

CUBS
Physical Locations/Times:
• George Town Cubs meet at Elmslie Church
Hall on Monday at 4:30pm
- Savannah Cubs meet at Savannah United Church on Thursday at 5:30pm
- Savannah Primary School Cubs Pack meets at Savannah Primary School Hall on Friday at 3:00pm
- West Bay Primary Cubs meet at John Gray Memorial Church Hall on Saturday at 4:00pm
- Bodden Town Cubs meet at Bodden Town Primary School Hall on Friday at 3:00pm
- George Town Primary Cub-Scouts Pack meets at George Town Primary School on Friday at 1:00pm

BEAVER SCOUTS (6-8yrs old)
Physical Locations/Times:
- George Town Beavers meet at Elmslie Church Hall on Monday at 4:30pm
- West Bay Beavers meet at John Gray Memorial Church Hall on Saturdays at 4:00pm

VENTURE SCOUTS (16-20yrs old)
Physical Locations/Times:
- West Bay troops meet at West Bay United Church Hall on Thursday at 4:00pm
- George Town troop meet at Cayman Prep Infant Dept., Smith Road-Infant Department, on Monday at 5:00p.m.
- Savannah Scouts meet at Savannah United Church on Thursday at 5:00p.m.

Contact: Mr. Winston Hayle 345-949-1515 or 345-916-3941
E-mail: ciscouts@candw.ky
Mission Statement: To contribute to the holistic development and continuous education of young people. To encourage the physical, effective (Emotional), spiritual, creative, social, and character development of young people so that they may take a constructive place in society.
Cost/ Dues: Free

Set for Life After School & Training Programme
Age Group: 5 - 16
Meeting Time/Type of program(s)/Age for Youth program:
- Mon - Fridays - academic year
Contact: Ms. Zemrie Thompson 345-916-1091
Activities: home work, games, craft, counseling, tutoring, computers and various training.
Mission Statement: to provide a safe and nurturing environment for children to socialize and learn.
Cost/Dues: $10.00 per week - per child

South Sound Squash Club
Physical Location: South Sound Road, between the tennis club and rugby club.
District: George Town
Postal Address: PO Box 1847 GT, KY1-1110
Contact: Dan Kneitt 345-949-9469

Age for Youth program:
- Saturdays 1:00pm-2:00 pm (3-18 yr olds) Beginners
- Saturdays 2:00pm-3:00pm (10-18 yr olds) Intermediates
Mission Statement: To provide squash to everyone.
Cost/ Dues: First session free then $85 for the term (13 weeks)

Soldiers of the Light
Physical Location:
First assembly of God, Old Crew Road
District: George Town
Postal Address: P.O Box 30990 SMB, Grand Cayman KY1-1200
Contact:
Pastor Charles Boucher 345-924-2005
Miss Cybel Larocque 345-928-3694
Mrs. Maxine Gordon 345-326-8537
E-mail: soldiers_ofthelight@hotmail.com
Meeting time/Type of programme/ age for Youth Programme:
• Friday: 7:30pm Soldiers of the light Youth meeting
  (Fellowship Hall)
• Thursday: 6:30pm Missionettes (Upstairs)
• Saturday: 2:30pm Children’s Ministry (Kingdom Blocks)
• Sundays: 10:30am Children’s Church
Mission Statements: To follow the mandate from Jesus Christ as it pertains to us; guiding and training young men and women in the ways of Good so that they in turn will develop a strong relationship.
Cost/Dues: Free

St Ignatius Catholic School
Physical Location: 599 Walkers Road
District: George Town
Postal Address: P.O Box 2638, Grand Cayman KY1-1102
Contact: Simon Donoghue via School Office 345-949-9250
E-mail: general@st-ignatius.com
Website: www.st-ignatius.com
Meeting time/Type of programme/ age for Youth Programme:
• Tue., Wed., Thur.: After-School Primary Clubs (4-11 year olds) 2:45pm-3:45pm contact: Allison Taylor.
• Concert Band, Training Band, Choir, music Lessons.
• Netball, Basketball, Football, Cricket, Contact school office.
Mission Statements: To establish all things in Christ.
Cost/Dues: Although most clubs are free there is a small cost for some activities.

Tennis Federation of the Cayman Islands, Cayman Islands Club
Physical Location: Cayman Islands Tennis Club, Anne Bonnie Crescent, South Sound, Grand Cayman
District: George Town
Postal Address: PO Box 1813, KY1-1109
Contact: Cassandra Pedersen 345-926-5570
E-mail: CITennisFed@gmail.com
Meeting time/Type of programme/ age for Youth Programme: Various tennis programs for youth offered.
Mission Statements: The tennis federation of the Cayman Islands’ mission statement is to provide opportunity for all to enjoy tennis.
Cost/ Dues: Varies on place and program.

West Bay Adventist Church
Physical Location: John A. Cumber Auditorium, West Bay
Postal Address: P.O. Box 515 GT KY1-1106
Contact: Pastor Al Powell 345-946-0033, 345-949-2967 or 345-927-4493
E-mail: al_rpowell@yahoo.com

Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00pm, Youth Forum
3. Sunday 10:00am-12 pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
5. Youth Outreach

Age Range:
- 6-9 Adventurers
- 10-15 Pathfinders
- 16-35 Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

NOTES:
Grand Cayman Annual Summer Activities

Ambassadors Camp at the Ritz-Carlton (Grand Cayman)
Contact: 815-6120

Boatswain’s Beach Summer Camp
Contact: 925-7401.

Bodden Town Primary Summer School
Contact: 947-2288

C.A.S.K (Cayman Associated School of Karate) Summer Programme
Contact: 925-3367

Camp Jam
Contact: 949-939

Crossfire Summer Camp
Contact: 949-939

Cayman Aquatics Culinary Camps
Contact: 916-6722

Cayman International School Summer Programme
Contact: 945-4664

Cayman Islands Sea School
Contact: 949-0623

Cayman Prep & High School Summer Camp
Contact: 949-5932

Church of Prophecy VBS
Contact: 949-7453

Church of God Vacation Bible School
Contact: 949-9393

Department of Environment Intern Summer Programme
Contact: 949-8469

Department of Environment Marine, Turtle and Beach Monitoring Programme
Contact: 949-8469

Fitness Connection
Contact: 949-8485

Fearless Extreme Leadership & Prevention Camps
Contact: 917-3885

Frank Sound Church of God VBS (TBA)
Contact: 947-3691 or 916-0795

George Hicks Summer Music Camp
Contact: Pick up application forms from the school’s main office.
Contact: 949-9488

King’s Sports Centre Summer Camp
Contact: 946-5464

National Trust Discovery Summer Camp
Contact: 749-1121

Premier Fun Soccer Camp
Contact: 525-7941

Scuba Diving Camp
Contact: 946-5658

Seventh Day Adventist Vacation Bible School
Contact: 949-9713

Summer Junior Squash Camp
Contact: 949-9469

The Department of Sports Sports Camps
Contact: 949-7082

Upward Basketball Camp
Contact: 949-0692.

Vacation Bible School – Son Harvest: Growing the Fruit of the Spirit
Contact: 949-0692.

Watterific Day Camps
Contact: 916-6722

Optimist Club Family Fun Day
Contact: 325-6634 or 939-3954

Sailing Camp
Contact: 926-7913 or 926-7914
1. Make the call.
2. Tell CrimeStoppers what you know - not who you are.
3. You’ll be given a case number.
4. If your information leads to arrest then you can call back and give your case number to arrange collection of your reward of up to $1000.

AT NO TIME WILL YOU BE ASKED TO IDENTIFY YOURSELF
ALL CALLS ARE TAKEN IN MIAMI

If not you - then who?
**Adopt a Grandparent**

**Physical Location:** Youth Development Center, Creek  
**Meeting Time/Type of program(s)/Age for Youth program:** TBA  
**Postal Address:** P.O. Box 263 KY2-2101, Cayman Brac  
**Contact:** Mrs. Annie-Rose Scott 345-948-2331  
**Activities:** The young people will meet with their adopted grandparent for an hour to carry out a specific activity they have chosen.  
**Objective:** To maintain a continuous link (social and cultural) between the youth and the senior citizens. To educate and encourage the youth to be more aware of and to respect our senior citizens.  
**Cost/Dues:** Free

**After School Programme**

**Physical Location:** Youth Development Center, Creek  
**Time:** TBA  
**Postal Address:** P.O. Box 263 KY2-2101, Cayman Brac  
**Contact:** Mrs. Annie-Rose Scott 345-948-2331  
**Activities:** Assist with home work, special field trips, projects, etc.  
**Objective:** To provide students with sufficient basic literacy and numeracy skills to enable them to complete in the job market and assist in their overall development.  
**Cost/Dues:** Free

**Bethel Baptist Church**

**Physical Location:** Spot Bay Road  
**District:** Spot Bay, Cayman Brac  
**Postal Address:** P.O.Box , KY2-2101  
**Contact:** Pastor Russell Turner 345-948-0272  
**Meeting Time/Type of program(s)/Age for Youth program:**  
- Sunday 10:00am-11:00am, Sunday School, (3-19 years old)  
- Friday 7:00pm-9:00pm, Youth Meeting, (High School Students)  
**Mission Statement:** To teach the word of God, encourage young people to accept Christ as a Savior, live a Christian life.  
**Cost/ Dues:** Free

**Bible Club**

**Physical Location:** Creek Primary School  
**District:** Creek  
**Postal Address:** P.O Box 4, Cayman Brac KY2-2301  
**Contact:** Stephnie Hopkins 345-948-0226  
**Email:** shopkins@cps.edu.ky  
**Meeting Time/Type of program(s)/Age for Youth program:**  
- Tuesdays (Reception - yr 3)  
  3:00pm-4:00pm  
**Objective:** Listening to Bible stories and completing various activities, singing, and building relationships.  
**Cost/ Dues:** Free
Cayman Brac High School

After school Activities

Mon: Agriculture Club, Netball Club, Football Club, Leo’s Club, Swim Club, IT Club,
Tue: Steel Pan Band, Choir, Netball Club, Football Club, Track & Field, Junior Achievement, Art Club, Swim Club, IT Club,
Wed: Cricket Club, Cadet Corp, IT Club,
Thur: Choir, Netball Club, Football Club, IT Club, Track & Field Club, Art Club, Swim Club, Science Club
Fri: Steel Pan Band, Cricket Club, Cadet Corp, Swim Club, IT Club,
Contact: Miss Ventisha Conolly 345-948-2254

Cayman Brac Library

Mon: 9:00am-12:00pm & 2:00pm-6:00pm
Tue: 9:00 am-12:00pm & 1:00pm-4:00pm
Wed: 9:00 am-12:00pm & 1:00pm-5:00pm
Thur: 9:00am-12:00pm & 2:00pm-6:00pm
Sat: 10:00am-1:00pm
Contact: Mrs. Latisia Conolly 345-948-0472

Cayman Islands Cadet Corp

Physical Location:
180 Spot Bay, Spot Bay Road
Postal Address:
Gov’t Admin Bidg, Grand Cayman KY1-9000
Contact: Lea Scott 345-948-8824 or 345-938-8824

Meeting Time/Type of program(s)/Age for Youth program:
• Wednesdays and Fridays 3:00pm-5:00pm

Mission Statement: To inspire young people to achieve success in life through a spirit of service to the sovereign, Cayman Islands and their community; and to develop in them qualities of a good citizen.

Cost/ Dues: Free

Church of God (Holiness)

District: Watering Place, Cayman Brac
Postal Address: P.O.Box, KY2-2101
Contact: Pastor
Meeting Time/Type of program(s)/Age for Youth program:
• Sunday 10:00am-11:00am, Sunday School, (3-19 years old)
• Friday 7:00pm-9:00pm, Youth Meeting, (High School Students)
Cost/ Dues: Free

Creek Adventist Church

Physical Location:
Building # 360 Creek Road, Cayman Brac
Postal Address:
P.O. Box 7 KY2-2301, Cayman Brac
Contact: Pastor Victoriano Pomare 345-948-0450 or 345-517-6374
E-mail: victorianopomare@yahoo.com
Meeting Time/Type of program(s)/Age for Youth program:
1. Sabbath/Saturday – Sabbath School 9:15am-10:45am, at all SDA Churches.
2. Sabbath/Saturday 4:00pm-6:00 pm, Youth Forum
3. Sunday 10:00am-12:00pm, Pathfinders and Adventurers
4. Sporting Activities, at all SDA Churches
Age Range:
6-9 Adventurers
10-15  La Roca Pathfinders Club
16-35  Senior youth

Mission Statement: To promulgate the everlasting gospel of Jesus Christ to every resident of the Cayman Islands by promoting active witnessing, godly living, healthy lifestyles, Bible study and Christian education.

Cost/Dues: Free

Creek Infant School Choir

Physical Location: Cayman Brac Teacher's Center
District: Creek
Postal Address: P.O.Box 24, Cayman Brac KY2-2301
Contact: Beth Brown  345-948-0356

Meeting Time/Type of program(s)/Age for Youth program:
• Sunday 10:00am-11:00am, Sunday School, (3-19 years old)
• Friday 7:00pm-9:00pm, Youth Meeting, (High School Students)

Mission Statement: The church on the move for God.

Cost/ Dues: Free

Crossroad United Baptist Church

Physical Location: West End Road
District: West End, Cayman Brac
Postal Address: P.O.Box, KY2-2101
Contact: Pastor Joel Scott (Sr)  345-916-0301 or 345-948-1328

Meeting Time/Type of program(s)/Age for Youth program:
• Sunday 10:00am-11:00am, Sunday School, 3-19 years old)
• Friday 7:00pm-9:00pm, Youth Meeting, (High School Students)

Mission Statement: The church on the move for God.

Cost/ Dues: Free

Cotton Tree Bay Church of God

Physical Location: 51 Cotton Tree Bay Road
District: Cotton Tree Bay, Cayman Brac
Postal Address: P.O.Box 186, KY2-2101
Contact: Pastor French  345-948-2552

Meeting Time/Type of program(s)/Age for Youth program:
• Sunday 11:00am, Children’s Church, (3-19 years old)
• Thursday 6:00pm-9:00pm, Youth Meeting, (High School Students)

Cost/ Dues: Free

Department of Employment Relations

Physical Location: 256 Creek Road, Creek Gov’t Building
Postal Address: General delivery
Creek Post Office
Contact: Sandra Solomon  345-948-0626 or 345-925-7107
Email: bracemprel@candw.ky
Website: foi.der@gov.ky

Services include:
• Specialized Training
• Interview practice
• Assistance with job applications
• Individual counseling
• Task analysis
• Follow-up
• Assessment, testing, and evaluation of applicants
Mission Statement: to develop and match skilled applicants to jobs through the use of assessing, educating, training and liaising between employee and employer.

Cost/ Dues: Free

Department of Sports Cayman Brac

Physical Location: 45 Sanford Drive, The Bight, Cayman Brac

District: Cotton Tree Bay, Cayman Brac

Postal Address: P.O. Box 65, Cayman Brac KY2-2101

Contact: Harold M. Sanford (sports instructor) 345-925-2933

E-mail: sportsinstructor@yahoo.com

Meeting Time/Type of program(s)/Age for Youth program:

Primary Football Program: September - November
Youth Football Program: September - June
Men’s Football Program: September - May
Youth Netball Program: September - March
Learn-to-swim Program: September - June
Men’s Cricket Program: January - June
Youth Basketball Program: February - June
Pee-wee Basketball Program: October - November
Track & Field Program: January - June
Community Volleyball Program: June - August

Talent Development Program: All year
** The Dept also hosts a variety of meets, tournaments, leagues, clinics, and seminars annually.

Cost/ Dues: Free

Ebenezer Baptist Church

Physical Location: Creek Road

District: Creek, Cayman Brac

Postal Address: P.O.Box, KY2-2101

Contact:
Pastor Edward Nichols 345-948-0260 or 345-948-1395
Mrs. Yvonne Walton 345-948-2382 or 345-5-948-2213
Miss Marcia Rankin 345-948-2222

Meeting Time/Type of program(s)/Age for Youth program:

• Sunday 10:00am-11:00am, Sunday School, (3-19 years old)
• Friday 7:00pm-9:00pm, Youth Meeting, (11 years old -16 years old)

Mission Statement: One generation will commend your works to another, they will tell of your mighty acts. Psalm 145:4

Cost/ Dues: Free

Education Council Scholarships

Physical Location: 3rd Floor Royal Plaza Bldg, Cardinall Ave.

District: George Town

Postal Address: c/o Gov’t Admin Bldg, 3rd Floor Royal Plaza, Cardinall Ave., George Town Grand Cayman, KY1-9000, Cayman Islands

Contact: Danielle Japal 345-244-3154

Email: danielle.japal@gov.ky

Website: www.brighterfutures.gov.ky

Age for Youth:

• 17 yrs old and older

Career Opportunities in Priority Areas of Study: Education Council of the Cayman Islands Scholarship Program:

Health
• Midwives
• Physicians
• Physiotherapists
• Medical Technologists
• Cytotechnologists
• Histotechnologists
• Respiratory Therapist
• Occupational Therapists
• Pharmacists (dispensing and clinical)
• Radiographers
• Sonographers
• Paramedics
• Ophthalmology technicians
• Forensic scientists
• Nurses
• Nursing specialties: MA level in Management, Clinical (all specialties), Education and Research
• Dentist/Dental Hygienist

**Education**
• Classroom Teachers – Education
• Subject Teachers – Education – Music, Biology, Chemistry, Physics, Spanish, ICT, Math, Business
• Special Education Needs Teachers – Education with Special Needs concentration
• Educational Psychologists – Education Psychology
• Counsellors – Counseling or Psychology

**Business**
• Finance/Banking/Accounting/Tourism
• Accounting
• Banking
• Business
• Finance
• Marketing
• Human Resources
• Hospitality/Hotel Management/ Culinary Arts
• Public Relations/Media Communications
• Law – Lawyers/ Paralegal
• Maritime Administration

**Engineering**
• Architecture
• Aviation Studies
• Civil/Mechanical/Electrical/Structural Engineering
• Coastal Engineering
• Construction Management
• Environmental Engineering
• Information Communication Technology
• Project Management
• Quantity Surveying
• Transportation and Traffic Engineering
• Nautical Sciences
• Marine Engineer
• Naval Architect

**Humanities**
• Social Work
• Counseling
• Library Science
• Museum Management /Archive Studies/ Curatorial Studies
• Conservation Studies / Archeology
• Art Conservation
• Criminal Justice
• Music/Art/Drama/Dance

**Science**
• Urban and Regional Planning
• Environmental Planning
• Zoology
• Entomology
• Terrestrial Ecology
• Maritime archaeology
• Water / Waste Water Management

**Tech/Vocational studies**
• Auto Mechanic
• Graphic Arts
• Computing
• Construction Trades e.g. Electrical,
Welding, Masonry, Carpentry
• Exhibition Design
• Boat Mechanic
• Air Conditioning Mechanic
• Auto-body repair
Cost/Dues: An Application must be submitted.

Fellowship Baptist Church Youth Group
Physical Location: 136 Watering Place Road
District: Watering Place
Postal Address: P.O. Box 181, Cayman Brac KY2-2101
Contact: 345-916-5293 or 345-916-1791
Meeting Time/Type of program(s)/Age for Youth program:
• 11-17 years of age
• 7:00 pm every other Friday night
Cost/Dues: Free

Hillside Chapel (Baptist)
Physical Location: #77 Ashton Reid drive
District: The Bight, The Bluff
Postal Address: P.O. Box 94, KY2-2001
Contact: Rev. Audley Scott 345-948-2280 or 345-916-2143
Meeting Time/Type of program(s)/Age for Youth program:
• Sunday 10:00am-11:00am, Sunday School, (3-25 years old)
Cost/Dues: Free

Junior Achievement, Cayman Islands
Physical Location: Cayman Brac High School
District: Stake Bay
Postal Address: P.O. Box 140
Cayman Brac KY2-2101
Contact: Ventisha Conolly 345-916-0212
Meeting Time/Type of program(s)/Age for Youth program:
• 15-18 years of age
• Meetings are conducted once per week on a Tuesday
Mission Statement: Junior Achievement will ensure that every Youth in the Cayman Islands has a fundamental understanding of the free enterprise system.
Membership Cost: Free

Leo Club of Cayman Brac
Physical Location: Cayman Brac High School • Room 20
District: Stake Bay
Postal Address: P.O. Box 140 Cayman Brac KY2-2101
Contact: Ventisha Conolly / Yvette Gayle 345-948-2226, 345-0388 or 345-916-0212
Meeting Time/Type of program(s)/Age for Youth program:
• 11-18 years of age
• First and third Tuesday of each month
• 2:45pm-3:30pm
Mission Statement: To provide the youth of the world with an opportunity for development and contribution, individually and collectively, as responsible members of the local, national and international community.

Membership Cost: $1.00 per month

Little Cayman Baptist Church
Physical Location: Blossom Village
Island: Little Cayman
Postal Address: P.O. Box 33
Little Cayman KY3-2501
Contact: Pastor Jim Barron 345-948-1072 or 345-948-0068

Meeting Time /Type of program(s)/Age for Youth program:
• Sunday School 9:45am
• Morning worship 11:00am
Cost: Free

Little Cayman Primary School
Physical Location: Spot Road
Island: Little Cayman
Postal Address: General Delivery
Little Cayman KY3-2500
Contact: Veronica Khan (teacher) 345-948-1052 or 345-948-0068

Meeting Time /Type of program(s)/Age for Youth program:
• Contact teacher for information
Cost: Contact the Education Department 345-945-1199

Little Cayman Research Centre
Physical Location: North Coast Road
District: Little Cayman
Postal Address: PO Box 37 Little Cayman KY3-2500
Contact: Kate Pellows or Brenda Gabd 345-948-1094

Meeting Time /Type of program(s)/Age for Youth program:
• Dive with a professional researcher (1 week), 10 years old and older.
  May 15th - 21st 2010
• Eco Weekends. Government and private schools. 10 years old and older.
  CI$ 100 (local rate)
Cost: contact the Research Centre.

Reef Divers
Physical Location: Little Cayman Beach Resort
District: Little Cayman
Postal Address: P.O.Box 51, KY3-2501
Contact: 345-948-1070
Website: www.littlecayman.com

Meeting Time /Type of program(s)/Age for Youth program: Contact dive shop
Mission Statement: The world’s most incredible diving and the finest Caribbean scuba diving resort.

Cost/ Dues: Contact dive shop

Royal Cayman Islands Police, Drug Abuse Resistance Education Program (D.A.R.E)
Physical location: George Town, West Bay, Bodden Town and Cayman Brac Little Cayman Schools
Postal Address: PO Box 909 KY1-1103
Contact: Sergeant Harold Forte D.A.R.E Coordinator/Mentor 345-926-0664 or 345-244-3035 (F) 345-949-6472
Local Contact: Nettie Bulgin 345-925-2717

Meeting time/ type of program(s): Drug education/life skills program geared towards kindergarten to middles school, special attention paid to age’s 10-11 grades 6 and 12-13 grade 8. We also do programs called Stranger Safety which is taught in the Primary school, Drivers Education in High School.

Age for youth program: 4-6 / 10-11 / 12-13

Mission statement: Help to promote healthy lifestyles for our youth, but giving students the correct information, so that they can make healthy choices and wise decisions.

Cost/ Dues: Free

Spot Bay Junior School Choir

Physical Location: Cayman Brac Teacher’s Center

District: Creek

Postal Address: P.O Box 24, Cayman Brac KY2-2301

Meeting Time/Type of program(s)/Age for Youth program: TBA

- Tue. 12:30pm-1:00pm
- Years 4-6

Contact: Beth Bown 345-948-0356

E-mail: tammy.banks-dacosta@gov.ky

Mission Statement: To provide singing opportunities for young children.

Cost/Dues: Free

Stake Bay Baptist Church

Physical Location: # 118 Stake Bay Rd

Postal Address: P.O Box 75 SPO, Cayman Brac KY2-2101

Contact: Pastor Ryan Keyser 345-948-2647

Meeting Time/Type of program(s)/Age for Youth program:

- Sunday 10:00am-11:00am, Sunday School, (3-19 years old)
- Friday 7:00pm-9:00pm, Youth Meeting, (High School Students)

Mission Statement: To live and present the Word of God in a convincing manner that is relevant to the youth today.

Cost/ Dues: Free

West End Primary School After-School Activities

Physical Location: 10C West End Road East

District: West End

Postal Address: P.O Box 104, Cayman Brac KY2-2001

Meeting Time/Type of program(s)/Age for Youth program: TBA

- Mon. 2:45pm- 3:30pm (yr 2&3), Spelling Club, Math Club (yr 5)
- Mon. 3:30pm-5:30pm, swimming (Govt. pool)
- Tue. 4:30pm-5:30pm, swimming (Govt. pool)
- Tue. 3:30pm-4:30pm, track and field (CBHS)
- Wed. 2:45pm-3:30pm (yr 2 & 3) Math Club
- Wed. 12:30pm-1:00pm (yr 1-3). Infant Choir

- Thur. 3:30pm-4:30pm, track and field (CBHS)
- Thur. 2:45pm-3:30pm (yr 2&3) Reading Club
- Thur. 2:45pm-3:30pm (yr 4) Learning Games
- Fri. 12:30pm-1:00pm (yr4-6) Junior Choir
• Sat. 9:00am-10:45am (yr 4-6)
  Dance/Drama

Contact: Gale Connolly (Principal)
  345-948-1425

E-mail: gale.connolly@gov.ky

Young Women’s Club

Physical Location:
Cayman Brac Community Center, Creek

Meeting Time/Type of program(s)/Age for Youth program: TBA

Age: 13 years old -19 years old
Postast Address: P.O. Box 263 KY2-2101, Cayman Brac

Contact: Mrs. Annie-Rose Scott
  345-948-2331

Activities: Presentations on topics such as: Positive Self Esteem, Self Image, Self Confidence, Self Control, Cooking, Job Interviews, and Dating.

Objective: To help young women build self image, self confidence, and self esteem through talent development, etiquette, hygiene, grooming, cooking skills, table setting, manners, preparation for job interviews, and educating them about dating.

Cost/Dues: Free

NOTES: ________________________________________________________________
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CAYMAN BRAC ANNUAL SUMMER ACTIVITIES

Bethel Baptist Church (VBS)
Contact: 948-0272

Cayman Brac Library Summer Programme
Contact: 948-0472

Community Development Summer Programme
Contact: 948-2331

Cotton Tree Bay Church of God (VBS)
Contact: 948-2552

Creek Adventist Church (VBS)
Contact: 948-0454

Crossroad United Baptist Church (VBS)
Contact: 948-1328 or 916-0301

Department of Sports Cayman Brac

Activities:
- Football
- Basketball
- Volleyball
- Cricket
- Netball
- Swimming
Contact: 925-2933

Ebenezer Baptist Church (VBS)
Contact: 948-0260

Fellowship Baptist Church (VBS)
Contact: 939-5594 or 927-8922

Hillside Chapel (Baptist) (VBS) TBA
Contact: 948-2280 or 916-2143

Little Cayman Research Centre Sea Camp
Contact: 948-1094

Stake Bay Baptist Church (VBS)
Contact: 948-2647

Leo Club of Cayman Brac
Contact: 948-2226

Rotary Club of Cayman Brac
Contact: 916-5908

*VBS - Vacation Bible School
Important Numbers

YOUTH SERVICES UNIT
345-943-1127
foi.ysu@gov.ky

MINISTRY OF HEALTH, ENVIRONMENT, YOUTH, SPORTS & CULTURE
345-244-2318
foi.mhs@gov.ky

MINISTRY OF EDUCATION, TRAINING & EMPLOYMENT
354-244-2417
foi.meh@gov.ky

EDUCATION SERVICE DEPARTMENT
354-945-1199
foi.des@gov.ky

DEPARTMENT OF EMPLOYMENT RELATIONS
345-945-3114
foi.der@gov.ky

SPORTS DEPARTMENT (GRAND CAYMAN)
345-949-7082
foi.dsp@gov.ky

SPORTS DEPARTMENT (CAYMAN BRAC)
345-948-0597
foi.dsp@gov.ky

DEPARTMENT OF CHILDREN AND FAMILY SERVICES (GRAND CAYMAN)
345-949-0290
foi.chd@gov.ky

DEPARTMENT OF CHILDREN AND FAMILY SERVICES (CAYMAN BRAC)
345-948-2331
foi.chd@gov.ky

COMMUNITY DEVELOPMENT OFFICERS
EAST END 345-925-5543
BODDEN TOWN 345-916-3309
GEORGE TOWN 345-925-4083
WEST BAY 345-916-1091
CAYMAN BRAC 345-925-9872
foi.chd@gov.ky

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Talk 6000 minutes every month to any LIME number in the Caribbean with your prepaid or postpaid mobile.

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Mobile phone safety tips

• Only give your mobile number, PIN, etc. out to people you know and can trust.

• Don’t give out personal info - e.g. bank number, credit card number, address - via text or by phone to people you don’t know.

• Make sure you know how to block others from calling your phone.

• Remember you are not obligated to answer your phone, especially from a number you do not know.

• It is advised not to return calls or texts to persons you do not know, especially from overseas. There are phone scams/fraud which can cost you in charges.

• BlackBerry and mobile Internet users need to be extra careful using instant messenger services, as well as surfing the Internet. Don’t believe everything you get or see. If it sounds too good to be true then most likely it is false.

• Don’t make yourself a target of mobile phone theft by openly using your phone in public places unless absolutely necessary.

• Be careful in lending your phone, especially to people you do not know. Even if they say it is an emergency, direct them to the nearest public phone or, in the case of an obvious emergency, dial 911, yourself. This will help to protect you from mobile phone theft or facing a hefty phone charge.

• Do not loan out your SIM card. You could be held responsible for any actions, especially if criminal, using your SIM card.

• Locking your phone and your SIM is a great way to guard the use of your phone.

• If your phone is lost or stolen, report it to your local police station and your mobile service operator immediately. Call LIME at 811 or go to a retail store.

• It is recommended to buy your mobile phone from a reputable source e.g. your service provider to limit your exposure to phones with blacklisted IMEI numbers. LIME has a wide range of the latest phones.
You often face conflicts in your personal life.

But many a times you think, why address a conflict and create one more? It is better to keep quiet and just see whatever is going on! As a time will come in life, where you will find it difficult to bear the conflict and this would result in nothing but frustration and stress. Therefore, instead of getting frustrated and ruining your precious life, just try to find out a solution! This would not only help you in resolving the conflict, but also help you in avoiding such conflicts in the future.
STRATEGIES FOR CONFLICT RESOLUTION

Speak Up
Speak about your conflicts to your friends, relatives or whoever is close to you. Get an expert advice from the elder members of your family. Their life experience would help you resolve the conflict! Apart from speaking up to friends and relatives, keep your ego aside, gather enough courage and speak directly with the person with whom you are in a conflict. Discuss the reasons, finding the middle ground and reach to a mutual decision where both of you are happy and contended with whatever is decided.

Listen
Speaking gives you the liberty to express your thoughts. But when it comes to conflict resolution, speaking proves to be effective only after listening to something. Listening just doesn’t mean to hear the problem. But here it means to actually listen and understand the problem and developing a solution in your mind simultaneously. Once you are done with listening, the other person will listen to you and now you can express your thoughts.

Be Assertive
Assertiveness plays an important role, when it comes to conflict management. Assertiveness is a combination of several different qualities. While being assertive you need to be patient, a good listener, confident and have a positive thinking towards life. Avoid using words such as ‘I do’ or ‘I don’t do’. Instead, use words like ‘I feel’ or ‘I believe’. It should be a ‘win-win’ situation for everyone. Do not be biased, think from all the possible perspectives and verify all the facts.

Forget It
If you have tried everything that was possible from your side and conflict resolution strategies have failed to resolve the conflict, then it is wise to maintain distance from that person for some time. Let time heal your wounds and once it’s done, forget everything, meet up once again and speak. But if you think that the conflict would even then never get resolved, then cut ties forever. It is better to cut ties than bear the conflict for an eternity.

The Employee Assistance Programme of the Cayman Islands
Phone: 949-9559
Email: eapci.candw.ky
Web: www.eap.ky
The first step to reducing your stress is changing adjusting how you think, feel, and react to events in your life. After all, it’s not the event itself that’s stressful, but your perception of it.

Go outside
go for a walk or sit under a tree in the shade

Be with friends
friends can help you work through your problems and let you see the brighter side of things.

Follow your dreams
jot down your goals for the year and take small step to achieve those goals.

Keep a journal
write things down and get them off your chest.

Exercise
go for a jog, or play football

Take time to chill
pick a nice spot to read, daydream or, sleep. Listen to music or do some of your favourite activities.

STRESS Relievers
Choosing a variety of foods is important for your balanced and healthy diet. Follow these tips every day and check out www.mypyramid.gov for helpful advice on portion sizes.

- Have meals at regular times each day. Do not skip breakfast. Avoid distractions such as the television when eating.
- Try whole grain staples. Choose whole-wheat breads and cereals, oatmeal, brown rice and low fat popcorn.
- Colour code your veggies. Go dark green and orange, choose spinach, broccoli, carrots and sweet potatoes and vitamin C rich citrus fruits.
- Focus on fruits, fresh, frozen, canned or dried snacks, but cut back on the juices.
- Make calcium rich choices. Enjoy low-fat milk, yogurt, and cheese.
- Be lean with protein. Eat iron rich low fat meat, poultry or fish, cooked dried beans and peas. Try chick peas or kidney beans in soup.
- Eat less fatty foods, e.g. fried foods, skin on chicken, chips, crisps, chocolate, ice-cream cakes, biscuits and foods in pastry.
- Eat more fibre rich food such as fruit, vegetables, salad and wholegrains, beans, peas.
- Drink plenty of fluids, avoid sugary drinks.
- Avoid using salt at the table after cooking.
- Remember to be physically active at least 30 minutes every day.
AVOID COMPULSIVE PURCHASES
Don’t buy things you really don’t need. When shopping, only purchase what you planned on buying. If you find something else you want, hold off on the purchase until the next time. That way, you can have some time to think if the item is really something you need. Also, you can then check if it is within your budget.

PREPARE MEALS AT HOME
Instead of eating breakfast on the way to work or school try eating breakfast at home instead. Also, make your own lunch at home. It is amazing how much money you will save by preparing your own meals.

Also, instead of drinking soda, drink water instead -- it will also help you watch your weight. Snacks are something you can bring from home as well. Choose healthy snacks, such as fruit.

AVOID CONVENIENCE STORES
Try not to spend money on groceries at convenience stores unless it is really necessary.

KEEP A BUDGET
A great way to help save money is to create a budget, and then stick to it. Even by just tracking where the money is going, you will be more aware of your spending habits, and eliminate unnecessary spending.
One thing that accompanies high-school is the increase of independent time, which can be a problem for some students, especially those who have several extracurricular activities that they attend and loads of homework on top of them. Does it seem like there’s never enough time in the day to get everything done? Feel like you’re always running late? Here are some tips for taking control of your time and organizing your life.

1. Make a “To Do” List Every Day
Put things that are most important at the top and do them first. If it’s easier, use a planner to track all of your tasks. And don’t forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely
Get some reading done on the bus ride home from school, for example, and you’ll kill two birds with one stone.

3. It’s Okay to Say “No”
If your friend asks you to “go out” on a Thursday night and you have an exam or test the next morning, realize that it’s okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time
You’ll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don’t wait to do it until late at night.

5. Review Your Notes Every Day
You’ll reinforce what you’ve learned, so you’ll need less time to study. You’ll also be ready if your teacher calls on you or gives a pop quiz.
6. Get a Good Night’s Sleep
Have an earlier bedtime during the week because running on empty makes the days feel longer and your tasks seem more difficult.

7. Communicate Your Schedule to Others.
If phone calls are proving to be a distraction, tell your friends that you take social calls from 7:00 to 8:00 p.m. It may sound ridiculous, but it helps.

8. Become a master of your time
Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

9. Don’t Waste Time Worrying
Have you ever wasted an entire evening by worrying about something that you’re supposed to be doing? Was it worth it? Instead of worrying and procrastinating, just do it.

10. Don’t Push Yourself Way Too Much
Setting goals that are unrealistic sets you up for failure. While it’s good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.

Consider these tips, but personalize your habits so that they suit you. If you set priorities that fit your lifestyle, you’ll have a better chance of achieving your goals. With good time management skills you are in control of your time and your life, of your stress and energy levels. You make progress at school. You are able to maintain balance between your school, personal, and family lives. You have enough flexibility to respond to surprises or new opportunities.
TIME MANAGEMENT TECHNIQUES FOR HOMEWORK

STUDY WHEN:
- Plan two study hours for every hour you spend in class.
- Study difficult (or boring) subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of your best time of day.
- Use waiting time.
- Use a regular study area.

STUDY WHERE:
- Choose a place that minimizes distractions.
- Use the library.
- Don’t get too comfortable. Sit (or even stand) so that you can remain awake and attentive.
- Find a better place when productivity falls off.

YOU AND THE OUTSIDE WORLD:
- Pay attention to your attention.
- Avoid noise distractions.
- Notice how others misuse your time.
- Get off the phone.
- Learn to say no.
- Hang a “Do Not Disturb!” sign on your door.
- Ask: “What is one task I can accomplish toward my goal?”
- Ask: “Am I beating myself up?”
- Ask: “How did I just waste time?”
- Ask: “Would I pay myself for what I’m doing right now?”
- Ask: “Can I do just one more thing?”

Reproduced with the permission of Gregory Wells, Coordinator, William James Center, Davis and Elkins College, Elkins WV., NACADA Conf. 1987
What is Online Child Safety?

Online child safety is no different than educating your child about social interaction in public areas such as schools, shopping malls, and playgrounds. You have to both actively teach your child, and stay within range while still giving them room to have fun and learn.

Staying Within Range

- The purpose of staying within close range is to closely supervise how your child is allowed to use the Internet, so that they use it responsibly as they have more freedom.
- If you are able to see what your child is doing, you can correct their action sooner than later – something that is essential for good discipline.

Imposing Time Limits

- The purpose in enforcing time limits is to ensure a balanced lifestyle and prevent Internet addictions.
- Keeping your child active, and involved in different activities, will naturally protect them against Internet addictions.
- In Windows 7, you can setup parental controls that limit the time your child spends on the computer. This can be helpful if you have more than one child and need to share the family computer at specific times.
Social Networking - Facebook, MySpace, Twitter, LinkedIn

As children grow into teenagers, they will undoubtedly be introduced to online social networking. It is essential that all parents are aware of the uses of this form of online communication.

• When adding a friend on Facebook, you should always confirm in person that they were added. This will limit the possibility for imposters, fraudulent users, stalkers, in your network. Facebook will show your mutual friends when adding someone - this can help to ensure they are who they claim to be.

• Do not say things or share pictures you will regret later on. The same advice goes for real life social interaction. Let your teenager know that they have a social responsibility to keep discussion clean.

• The use of social networks such as Facebook can improve a teenager’s social skills by facilitating social acceptance and providing room to observe and practice social communication.

Peer 2 Peer (P2P) / File Sharing

P2P software is popular among college students and teenagers, but can actually be very dangerous if it is used to download software. Most of the software that users share are either illegal or contains viruses that can steal sensitive information. Examples of P2P software include Limewire, Frostwire, Kazaa, and Ares.

Instant Messengers – AIM, MSN (Windows Live Messenger), Yahoo IM

• The danger of allowing children to use instant messengers is that a lot of personal information can be obtained in a short space of time without anyone else knowing. Parents should be present at all times to ensure this doesn’t happen.

• Instant messengers offer a direct private communication channel between two individuals and it can be very difficult to get your child to reveal what they were using it for.

• Teenagers will undoubtedly become familiar with instant messengers via their friends.

The Internet for Learning

The Internet can be very empowering as an information resource. It can enhance your child’s education by providing answers to their curious questions. Using the Internet as a learning device rather than as an entertainment device will help to ensure your child’s safety in a pro-active rather than a re-active manner.
Online Child Safety Resources


- (CEOP)Child Exploitation and Online Protection Centre  
  http://www.ceop.gov.uk

- Connect Safely - http://www.connectsafely.org/


- I-Safe - http://www.isafe.org/

- iKeepSafe - http://www.ikeepsafe.org/

- (IWF) Internet Watch Foundation - http://www.iwf.org.uk/

Research Papers

- (ISTTF) Internet Safety Technical Task Force  
  http://cyber.law.harvard.edu/sites/cyber.law.harvard.edu/files/  
  ISTTF_Final_Report.pdf
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Assistance to Youth Groups

1. Organization’s Name: ______________________________________________
Postal Address: _______________________________________________________
Street Address: _______________________________________________________
Telephone & Fax Numbers: ______________________________________________
E-mail Address: _______________________________________________________  

2. Which district do you operate in primarily? (Circle one)  
WB, GT, BT, NS, EE, CB/ LC (specify)

3. Type of Organization?  
Sports ☐ Agricultural ☐ Service ☐ Religious ☐  
Social/Cultural ☐ Other (specify) ________________________________

4. Contact Person: ________________________________________________

5. Post of Contact person: __________________________________________

6. Address of contact person: _______________________________________

7. Telephone number of Contact Person: ______________________________

8. Year of establishment of group? __________________________________

9. Age range of participants: ________________________________

10. Membership? (Indicate the number in the appropriate space)  
    ___Male  ___Female

11. Activities: (Include date and duration of activities) ______________________
    ___________________________________________________________________
    ___________________________________________________________________
    ___________________________________________________________________
12. Projects/Community Work undertaken by the group: *(Include date and duration of projects etc)*

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

13. Achievements/Awards: ____________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

14. In which of the following areas, does your organization experience problems? *(Tick all that apply)*

   a. Activities  
      1) Yes ☐  2) No ☐
   b. Projects/Community Work  
      1) Yes ☐  2) No ☐

15. If yes, please identify the problems your organization experiences: *(Tick all that apply)*

   a. Execution of activities  ☐  ☐
   b. Programme Implementation  ☐  ☐
   c. Planning  ☐  ☐
   d. Funding  ☐  ☐
   e. Manpower  ☐  ☐
   f. Inadequate Meeting Places  ☐  ☐
   g. Unsuitable Facilities  ☐  ☐
   h. Limited/ No Secretariat Services *(typing)*  ☐  ☐
   i. Other (specify) ____________________________________________

16. Identify the specific areas of assistance your organization requires:

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17. Has your organization ever sought assistance from other agencies and when?
Yes ☐  No ☐

18. If Yes please identify these agencies:
   a. Government (specify) ____________________________  Date: __________
   b. Private Sector (specify) ____________________________  Date: __________
   c. NGOs (specify) ____________________________  Date: __________
   d. Charities (specify) ____________________________  Date: __________
   e. Regional (specify) ____________________________  Date: __________
   f. Other (specify) ____________________________  Date: __________

19. Other Comments (To be completed by the President/ Appointed representative of the organization)
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Note: This page is not to be completed by requesting organizations. This page is solely for the use of the Youth Services Unit and the Ministry responsible for Youth Affairs. PLEASE DO NOT COMPLETE THIS PAGE.
FOR OFFICIAL USE ONLY

Evaluator’s remarks with attached visitation record/s:
Finding:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
Recommendations:
__________________________________________________________________________________
__________________________________________________________________________________
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__________________________________________________________________________________
Head of Unit’s remarks:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
☐ Request for assistance is supported/not supported.

__________________________________________
Signature
Ministry’s Remarks:

__________________________________________________________________________________
__________________________________________________________________________________
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__________________________________________________________________________________

☐ Request for assistance is supported/not supported.

______________________________
Signature
The Youth Services Unit is continuously compiling information for updating its annual Cayman Islands Youth Providers Directory and Summer Programmes Calendar. Any organization offering Youth Programming or special event(s) is invited to submit the following details:

Name of Organization/Group: ____________________________________________
Physical Location: ______________________________________________________
District: __________________________________________________________________
Postal Address: __________________________________________________________
Name and Contact Number(s): ____________________________________________
Email Contact: __________________________________________________________
Website: __________________________________________________________________
Meeting Time/Type of Programme(s)/ Age for Youth Programme: ____________
________________________________________________________________________
Mission Statement: ________________________________________________________
Cost/Duties: ______________________________________________________________
This is a service to parents and guardians; therefore, no charge for submission. The deadline for submission is the second Friday of January annually. The calendar and directory will be released April of each year.

Information may be faxed to the Youth Services Unit at 345-943-1128 or e-mailed to Leasa.Charlton@gov.ky. Please include your logo for maximal impact and branding of your program(s). Alternately the information can be mailed:

c/o Government Administration Building
George Town, Grand Cayman KY1-9000
Phone: (345)943-1127
Fax: (345)943-1128
www.ysu.gov.ky
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