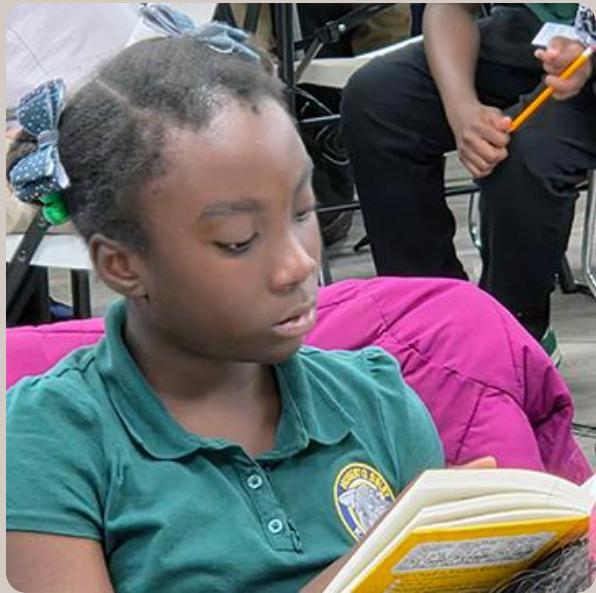




GANG ALTERNATIVE, INC.
BUILDING CHARACTER THAT LASTS

January 2026 NEWSLETTER



Celebrating National Mentoring Month at GA

January is National Mentoring Month! At GA, we are celebrating how much a strong connection can change a life. For over 20 years, we have been a leader in South Florida. Our mission is simple: **Building Character That Lasts.**

Our Programs

Our in-school and after-school programs, like BLOC (Building Leaders of Character), are the heart of what we do. By leveraging BLOC's unique capabilities, we connect students with mentors who provide the "real-talk", life skills, and college and career guidance necessary to navigate today's world.

The Five Pillars of Our Work

We support our community through five main areas:

1. Positive Youth Development
2. Family Strengthening
3. Health & Wellness
4. Workforce Development
5. Community Upliftment & Partnerships

Our "Unconventional Mentorship" mode

We don't use a one-size-fits-all model, we meet families exactly where they are to address the whole family. Whether we are helping to navigate professional hurdles or providing critical family support, we go beyond traditional roles. At GA, we don't just teach skills; we forge the integrity and resilience our families need to thrive for a lifetime.

GA Client Success: Rigoerto



In November 2025, Rigoerto was sentenced to court-mandated traffic school and community service, facing possible jail time if he failed to comply.

Around this same period, he was shot while sitting on his front porch. Although the injury caused only minor physical harm, there was an emotional toll, and it highlighted the violence and instability surrounding him.

GA responded by providing structured, compassionate support, arranging for Rigoerto to complete his community service at our Compassion Project in

Homestead. We also coordinated Lyft rides so he could finish traffic school and meet court requirements.

Rigoerto secured employment at a local nursery as a plant and maintenance worker. GA also provided a men's essentials bag to help him present himself confidently. His progress and resilience reflect our mission to build safer, more stable, and crime-free communities.

UPLIFT Parent Circle: Empowering Families and Strengthening Community



UPLIFT's Parent Circle is a welcoming space created for parents to learn, connect, and feel supported. Hosted monthly in the heart of Little Haiti, these gatherings invite parents to step away from daily pressures and join a community built on trust, understanding, and shared growth.

Each Parent Circle offers meaningful conversations led by GA's UPLIFT team, and occasionally by guest experts and service providers. Sessions focus on topics that matter most to families, including parenting, education, well being, and personal development. Parents leave with practical guidance, helpful resources, and tools they can use at home and in their daily lives.

More than a workshop, Parent Circle is a place where relationships grow. Parents meet others facing similar challenges, exchange experiences, and encourage one another. This sense of belonging helps families feel less alone and more confident in their journey.

Through Parent Circle, GA demonstrates our commitment to strengthening families and uplifting communities. By creating safe and supportive spaces for parents, UPLIFT helps build stronger households and a more connected community.



Mental Wellness Month



So much happening at GA!



January is Mental Wellness Month

Mental Wellness Month invites us to look beyond awareness and focus on action; how we actively care for our emotional, psychological, and relational well-being every day. The month centers on building skills, resilience, and supportive environments that help individuals and families thrive.

At GA, wellness is not a concept we visit once a year, it is woven into everything we do. Through our Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) program, we support children and families in healing from trauma by strengthening coping skills, emotional regulation, and healthy relationships. Our Nurturing Parenting Program (NPP) reinforces wellness at home by equipping caregivers with practical tools to build safe, supportive, and emotionally responsive family systems.

GA's commitment to the community extends beyond therapy. As a partial list of our programs supporting mental wellness, we have after-school programs (BLOC & GPS), mentorship initiatives (M3), and family-centered services (UPLIFT, CAATS) – creating consistent spaces for growth, connection, and empowerment.

Just this week BLOC hosted an event: **Connecting With Your Child: A Mental Wellness Workshop** to help parents support their child's emotional health.

Together, these programs reflect our belief that mental wellness is cultivated through prevention, education, and compassionate support — meeting individuals and families where they are and helping them move forward with strength and confidence.



BLOC Career Day with the U.S. Army

Last week, BLOC hosted its second Career Day of the school year, and it was a powerful experience for our students.

We were honored to welcome Sgt. Rodass and Sgt. Breland, who shared real-world insights directly from the U.S. Army with our BLOC high school students. They had the opportunity to ask thoughtful questions, engage in meaningful discussions, and learn firsthand about leadership, discipline, and service.

Experiences like these help our students explore future career pathways and see what is possible beyond the classroom. We are grateful to our guests for taking the time to invest in the next generation.

To learn about GA's programs and services, visit www.MyGA.org or email us at info@MyGA.org.



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