

**SPRING  
REPORTER  
2022**

# THE ATTIC

A Torrance Teen Center

TORRANCE COMMUNITY SERVICES DEPARTMENT | [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov) | 310/618-2930

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**Contact Us:**

2320 West Carson St.  
Torrance CA 90501  
**310/782-8828**  
[ATTIC@TorranceCA.Gov](mailto:ATTIC@TorranceCA.Gov)

**Operation Hours:**

Monday—Friday  
3:00—9:00 p.m.

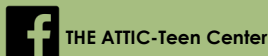
Closed:

March 17-18

April 4—8

and May 30

**Follow Us:**



## General Information

**THE ATTIC** is a place for high school students to get away from their everyday routines; a place that is committed to their voice and needs. The center is a drop-in program for 14-18 year-olds in the City of Torrance. The students must be Torrance residents or attend a Torrance high school. The programs are organized and implemented by high school students with adult supervision. Students have unique opportunities to plan and participate in special events, classes, activities, volunteerism, fitness, sports and much more.

**THE ATTIC** is an 8,000 square foot facility containing every type of necessary equipment and furniture that helps a student wind down after a long day. The front doors open to a giant living room setting complete with comfy, overstuffed couches, colorful chairs, stereo system, pool table, foosball, big screen TV, video games and a full service cafe! It's the perfect place for everyone!

**THE ATTIC'S** mission is to provide all Torrance high school students with a variety of recreational, academic, vocational and self-help programs, in an environment safely away from drugs, alcohol and gangs. This is accomplished through a balance of challenging activities and programs that are designed to enhance their physical, mental and social skills while being in the company of friends and supportive staff. Students can gain self-esteem, advance socially and academically, and enjoy activities that spark life-long interests and success.



## Meet Our New Staff!



Hello, everyone my name is Nena Davis and I've worked for the City of Torrance for 4 years. The programs I have worked are, After School Club, Camps, Sports Center, and Madrona Marsh. I'm a Torrance High alumni go Tartars! Things I enjoy are, coffee, the beach, photography, and camping. A fun fact about me is I have a bucket list to visit all 50 states and every year I try to visit a new state. I look forward to meeting each and everyone one of you!

## Upcoming Events

### SAINT PATRICK'S DAY PARTY

March 16 | 3:30-4:30 p.m. | Admission: Free

Join us for games and festive treats for an early Saint Patrick's Day celebration. Don't forget to wear GREEN!



**MADD** NO MORE VICTIMS™

March 23 | 5:00-6:30 p.m. | Admission: Free

Join us for an evening to help empower teens to make safe choices and hear real life stories from survivors who've experienced the consequences of drinking and driving.

### EGG HUNT

April 15 | 3:30-4:30 p.m. | Admission: Free

Join us in an egg hunt for treats and fun. Among the center is a hidden golden egg filled with a surprise.

### SPORTS NIGHT

April 27 | 6:00-7:30 p.m. | Admission: Free

Join us for a night of good old fashion sports and friendly competition.

### MENTAL HEALTH MONTH

May | 4:00-5:00 p.m. | Admission: Free

This month we focus on promoting the importance of mental health. We will lead practical and engaging events that offer various tools to help cope with stress, anxiety, and more. See May calendar for more information.

## Classes

Classes begin the week of January 10. Participants must be **ATTIC** members. All classes must have a five person minimum. For more information or to register for classes, call 310/782-8828.

### Workout Wednesday

Wednesday | 4:00-5:00 p.m.

\$10.00 for 10 weeks | \$2.00 per drop-in session

**THE ATTIC** offers a variety of fitness videos onsite that meets your needs. Bring a friend and workout in a private room to a fitness video that will help improve your fitness level.

### Strength Training

Mondays and Thursdays | 5:00-5:30 p.m.

\$10.00 for 10 week | \$2.00 per drop-in session

This class focuses on establishing life-long exercise and nutritional habits by learning basic strength training techniques. Build confidence by improving your fitness level.

### Life Skills

Friday | 5:00-5:30 p.m.

Free | RSVP required 24 hours prior to class

This series focuses on preparing young people for real world experiences. Instructors will equip participants with practical knowledge on a wide range of subjects. Participant will leave each session with more confidence than when they arrived.



Torrance Community Services Department | Recreation Division  
3031 Torrance Boulevard, Torrance CA 90503 | 310/618-2930

*"Creating and Enriching Community through People, Programs and Partnerships"*

**Register Today For This Upcoming Event!**



**TALK ABOUT  
WASTED**

**Your school year is full of memories  
Don't waste it by driving impaired**  
WEDNESDAY, MARCH 23, 2022 • 5:00 – 7:00 p.m.  
2320 W. Carson St., Torrance CA 90501 • #powerofyouth

THE ATTIC Teen Center and MADD are hosting an evening to empower teens to make safe choices. You have the POWER to take a stand!  
Choose not to drink under 21 and to never ride with a drinking driver.



Register for this event by emailing your name, school and grade to  
[ATTIC@TorranceCA.Gov](mailto:ATTIC@TorranceCA.Gov)



2022

# MAY *Mental Health Month*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**02**

### **Kindness Act \$5 Difference**

Take \$5 and within the next 24 hours pay it forward!

**03**

### **Yoga 4:00-4:45 p.m.**

Stretch, breathe and do some short meditation in this all level sample of yoga

**04**

### **Future ME 4:00-4:45 p.m.**

With the knowledge of our present-day selves, we put forth advice for the years to come.

**05**

### **Color Therapy 4:00-4:45 p.m.**

Unlock your creative self through coloring and take home a journal.

**06**

### **Kindness Acts Reflection**

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

**09**

### **Kindness Act Keep Torrance Clean**

Pick up and throw away litter that you spot in your neighborhood.

**10**

### **Stretching 4:00-4:30 p.m.**

Follow along as we demonstrate day-to-day stretches.

**11**

### **DIY Stress Relievers 4:00-4:45 p.m.**

Join us for this engaging tactile activity and leave with useful tools.

**12**

### **Journaling 4:00-4:45 p.m.**

Follow along with our journal prompts to connect to yourself.

**13**

### **Kindness Acts Reflection**

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

**16**

### **Kindness Act Shop Local**

Support Torrance business! Shop, Follow, Like, Share and Comment.

**17**

### **Yoga 4:00-4:45 p.m.**

Stretch, breathe and do some short meditation in this all level sample of yoga.

**18**

### **Origami 4:00-4:45 p.m.**

Sharpen your mind muscles and focus your attention as we lead you through various origami patterns.

**19**

### **Music Therapy 4:00-4:45 p.m.**

Let's enlighten and listen! Come ready to share your favorite song and explain why they connect with it.

**20**

### **Kindness Acts Reflection**

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

**23**

### **Kindness Act Love Note**

Find your favorite pen and write a letter to someone who has changed your life for the better. Tell them how they helped!

**24**

### **Breathing 4:00-4:30 p.m.**

When you breathe deeply, it sends a message to your brain to calm down and relax.

**25**

### **Vision Board 4:00-5:00 p.m.**

Dream it, believe it and receive it! Join us and create a vision board to help you stay driven towards your dreams.

**26**

### **Word Art 4:00-5:00 p.m.**

Uplifting positive word and art to keep you motivated and focused.

**27**

### **Kindness Acts Reflection**

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

Sign-up for classes by e-mailing your name, school, grade and class date/s to:  
[ATTIC@TorranceCA.Gov](mailto:ATTIC@TorranceCA.Gov)