



# Health and Wellness

OYC Miami | Programs

## Social-Emotional Wellness [K-12 Grades | Year Round](#)

OYC Miami's Social and Emotional Wellness (SEW) programming is integrated across all activities and reinforced through weekly 60-minute small group sessions. These structured, interactive sessions focus on building emotional regulation, self-esteem, leadership, and resilience.

Through guided discussions and practical exercises, students learn to manage frustration, resolve conflict, strengthen communication, and navigate peer relationships in healthy ways. SEW is embedded within OYC Miami's Honey Shine and Band of Brothers components, helping students develop the coping and interpersonal tools necessary for long-term success in school and life.

## Health and Wellness Services [K-12 Grades | Adults | Families | Year Round](#)

OYC Miami's Health and Wellness Services promote healthy lifestyles for children, adults, and families through integrated, year-round initiatives. Health support is embedded throughout programming, during the school day through wellness check-ins and mental health support, and after school through structured fitness, sports, and recreational activities that encourage physical activity and overall well-being. OYC Miami also provides access to basic health screenings, including annual physicals, vision, and dental screenings, as well as behavioral and mental health resources.

In addition, OYC offers community health navigation services to help individuals understand, access, and coordinate appropriate care, along with health education workshops that promote preventative care and informed decision-making. Through partnerships such as OnMed CareStation (a virtual, on-site health station that connects individuals to licensed medical providers), OYC Miami increases access to preventative care and essential health services within the community.

## Food and Nutrition Program [K-12 Grades | Year Round](#)

OYC Miami provides nutritious meals to students daily to ensure consistent access to healthy food and support overall well-being. During after-school programming, students receive a nutritious meal and supplemental nourishment. During full-day programming, including summer and enrichment days, students receive two nutritious meals and supplemental nourishment.

Families experiencing food insecurity may receive support and resource connections through OYC Miami's Family Referral Services. The program also includes an educational component for students and community members, promoting healthy lifestyle habits through nutrition-focused workshops and initiatives such as the Blue Zones program.