Day One Hope Center

Teen Education Schedule | January-May 2027

Planned January 4-May 28, 2027 | Free for teens ages 13-17
7108 Texas Rd., Fort Smith, AR | (479) 546-0479

A day at the center

Time (Central)	Activity
After school–4:30 PM	Arrival, snack and free time
4:30–5:30 PM	Tutoring and homework help
5:30–6:15 PM	Class of the day
6:15–7:00 PM	Dinner and wrap-up

Snack and dinner are provided every day, at no cost.

Weekly rhythm

Day	Focus
Monday	Subject A, part 1: the facts and the warning signs
Tuesday	Subject B, part 1: the facts and the warning signs
Wednesday	Subject A, part 2: real-life scenarios, skills and how to get help
Thursday	Subject B, part 2: real-life scenarios, skills and how to get help
Friday	Review game, guest speaker or open discussion on both subjects, plus a fun activity

Planned calendar: spring break and the final week may change to match the official Fort Smith Public Schools calendar. Contact us about tutoring, dinner and safe-space availability during breaks.

Full class rotation

8 subjects in four pairs. Five complete rounds. Classes and Friday reviews: 5:30-6:15 PM Central.

Week of	Subject A: Mon/Wed	Subject B: Tue/Thu	Round
Jan 04, 2027	How to Identify an Online Predator	How to Spot Human Trafficking Warning Signs	1
Jan 11, 2027	How to Recognize Depression, Anxiety & Eating Disorders	How to Say No to Vaping, Drugs & Fentanyl	1
Jan 18, 2027	How to Break Screen Addiction & Handle Bullying	How to Recognize an Unhealthy Relationship	1
Jan 25, 2027	How to Build Healthy Habits: Sleep, Food & Fitness	How to Set Goals & Manage Money	1
Feb 01, 2027	How to Identify an Online Predator	How to Spot Human Trafficking Warning Signs	2
Feb 08, 2027	How to Recognize Depression, Anxiety & Eating Disorders	How to Say No to Vaping, Drugs & Fentanyl	2
Feb 15, 2027	How to Break Screen Addiction & Handle Bullying	How to Recognize an Unhealthy Relationship	2

Feb 22, 2027	How to Build Healthy Habits: Sleep, Food & Fitness	How to Set Goals & Manage Money	2
Mar 01, 2027	How to Identify an Online Predator	How to Spot Human Trafficking Warning Signs	3
Mar 08, 2027	How to Recognize Depression, Anxiety & Eating Disorders	How to Say No to Vaping, Drugs & Fentanyl	3
Mar 15, 2027	How to Break Screen Addiction & Handle Bullying	How to Recognize an Unhealthy Relationship	3
Mar 22, 2027	No classes - school break		-
Mar 29, 2027	How to Build Healthy Habits: Sleep, Food & Fitness	How to Set Goals & Manage Money	3
Apr 05, 2027	How to Identify an Online Predator	How to Spot Human Trafficking Warning Signs	4
Apr 12, 2027	How to Recognize Depression, Anxiety & Eating Disorders	How to Say No to Vaping, Drugs & Fentanyl	4
Apr 19, 2027	How to Break Screen Addiction & Handle Bullying	How to Recognize an Unhealthy Relationship	4
Apr 26, 2027	How to Build Healthy Habits: Sleep, Food & Fitness	How to Set Goals & Manage Money	4
May 03, 2027	How to Identify an Online Predator	How to Spot Human Trafficking Warning Signs	5
May 10, 2027	How to Recognize Depression, Anxiety & Eating Disorders	How to Say No to Vaping, Drugs & Fentanyl	5
May 17, 2027	How to Break Screen Addiction & Handle Bullying	How to Recognize an Unhealthy Relationship	5
May 24, 2027	How to Build Healthy Habits: Sleep, Food & Fitness	How to Set Goals & Manage Money	5

How to Identify an Online Predator

Monday / Wednesday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 04, 2027	Jan 06, 2027	Jan 08, 2027
Round 2	Feb 01, 2027	Feb 03, 2027	Feb 05, 2027
Round 3	Mar 01, 2027	Mar 03, 2027	Mar 05, 2027
Round 4	Apr 05, 2027	Apr 07, 2027	Apr 09, 2027
Round 5	May 03, 2027	May 05, 2027	May 07, 2027

How to Spot Human Trafficking Warning Signs

Tuesday / Thursday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 05, 2027	Jan 07, 2027	Jan 08, 2027
Round 2	Feb 02, 2027	Feb 04, 2027	Feb 05, 2027
Round 3	Mar 02, 2027	Mar 04, 2027	Mar 05, 2027
Round 4	Apr 06, 2027	Apr 08, 2027	Apr 09, 2027
Round 5	May 04, 2027	May 06, 2027	May 07, 2027

How to Recognize Depression, Anxiety & Eating Disorders

Monday / Wednesday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 11, 2027	Jan 13, 2027	Jan 15, 2027
Round 2	Feb 08, 2027	Feb 10, 2027	Feb 12, 2027
Round 3	Mar 08, 2027	Mar 10, 2027	Mar 12, 2027
Round 4	Apr 12, 2027	Apr 14, 2027	Apr 16, 2027
Round 5	May 10, 2027	May 12, 2027	May 14, 2027

How to Say No to Vaping, Drugs & Fentanyl

Tuesday / Thursday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 12, 2027	Jan 14, 2027	Jan 15, 2027
Round 2	Feb 09, 2027	Feb 11, 2027	Feb 12, 2027
Round 3	Mar 09, 2027	Mar 11, 2027	Mar 12, 2027
Round 4	Apr 13, 2027	Apr 15, 2027	Apr 16, 2027
Round 5	May 11, 2027	May 13, 2027	May 14, 2027

How to Break Screen Addiction & Handle Bullying

Monday / Wednesday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 18, 2027	Jan 20, 2027	Jan 22, 2027
Round 2	Feb 15, 2027	Feb 17, 2027	Feb 19, 2027
Round 3	Mar 15, 2027	Mar 17, 2027	Mar 19, 2027
Round 4	Apr 19, 2027	Apr 21, 2027	Apr 23, 2027
Round 5	May 17, 2027	May 19, 2027	May 21, 2027

How to Recognize an Unhealthy Relationship

Tuesday / Thursday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 19, 2027	Jan 21, 2027	Jan 22, 2027
Round 2	Feb 16, 2027	Feb 18, 2027	Feb 19, 2027
Round 3	Mar 16, 2027	Mar 18, 2027	Mar 19, 2027
Round 4	Apr 20, 2027	Apr 22, 2027	Apr 23, 2027
Round 5	May 18, 2027	May 20, 2027	May 21, 2027

How to Build Healthy Habits: Sleep, Food & Fitness

Monday / Wednesday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 25, 2027	Jan 27, 2027	Jan 29, 2027

Round 2	Feb 22, 2027	Feb 24, 2027	Feb 26, 2027
Round 3	Mar 29, 2027	Mar 31, 2027	Apr 02, 2027
Round 4	Apr 26, 2027	Apr 28, 2027	Apr 30, 2027
Round 5	May 24, 2027	May 26, 2027	May 28, 2027

How to Set Goals & Manage Money

Tuesday / Thursday | 5:30-6:15 PM Central Time

Round	Part 1	Part 2	Friday review
Round 1	Jan 26, 2027	Jan 28, 2027	Jan 29, 2027
Round 2	Feb 23, 2027	Feb 25, 2027	Feb 26, 2027
Round 3	Mar 30, 2027	Apr 01, 2027	Apr 02, 2027
Round 4	Apr 27, 2027	Apr 29, 2027	Apr 30, 2027
Round 5	May 25, 2027	May 27, 2027	May 28, 2027

Snack and dinner are provided every day, at no cost.