

Connecting YOUth Newsletter



Anchor House *May 2017*



Staying Close to Family

At Anchor House, we believe that family and other significant adults are very important people in your life. As a Success Coach, I work to connect you to family you have lost touch with and help you strengthen the family and significant adult relationships you have already formed through out your growing up in placements. As you strive for greater independence and autonomy you will need nurturing, loving relationships with which you can grow and thrive. Simply put, we all need family and significant other adults in our life to be whole and healthy. We need people to share our good times and challenging times. We need people in our life to celebrate with, to trust to take our concerns to and to be a role model as we continue our life's journey. I am here at Anchor House ready, willing and excited about working to connect and rebuild relationships you want to explore and grow into healthy connections that make your life better.

-Ms. Danette

Volunteering & Career Readiness

Volunteering offers intangibles such as pride, satisfaction and accomplishments. Volunteering also provides opportunities for students to build on skills needed by employers and gain training for professional development. If you are unsure about a career choice or are interested in gaining quality work experiences, volunteering may be an answer. Some of the places you can volunteer are: hospitals, soup kitchens or animal shelters. For more information on volunteering contact Ms. Claire: cwalton@anchorhousenj.org
(609) 396-8329



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How to Get the Money You Need to Go to College!

"Financial aid" is money to help you pay for college or career school. There is money available to make sure that you can further your education, no matter what your financial situation is.

How can I can pay for all these college expenses?



There are different kinds of student aid:

Grants — "free money" that doesn't have to be repaid (unless, for example, you withdraw from school and owe a refund)

Loans — borrowed money for college or career school; you must repay loans, with interest

Work-Study — a part-time job program through which you earn money to help you pay for school

What's a FAFSA and why does it matter?

FAFSA is an abbreviation that stands for Free Application for Federal Student Aid. Completing the FAFSA online is your first step toward becoming eligible for all kinds of financial aid!

<https://www.fafsa.ed.gov>

What does it cost to go to college?

This depends on a lot of things! It can be very expensive to go to college, so it's important to understand all the costs you should expect. Here is a list of expenses to consider:

Item	Description
Tuition	The cost of taking college classes. These costs vary by school.
Room and board	Living and food costs vary by school.
Books and school supplies	Textbooks are expensive. Other supplies include: <ul style="list-style-type: none">• backpacks;• notebooks, pens and pencils;• paper and computer paper;• desk accessories such as folders and organizers.
Fees	Fees depend on your school. Examples include activity fees and parking fees. Schools can provide a list of these fees.
Equipment and room materials	This category might include: <ul style="list-style-type: none">• a computer and printer;• reading lamps;• a microwave and/or refrigerator;• sheets, towels, etc.• room decor
Travel and miscellaneous expenses	If you commute to school, include transportation costs. If you live on campus, include travel during school breaks. You should also include clothing and mobile phone costs.

Who offers financial aid?

- Federal government
- State government
- The college or university you want to attend Non-profit and private organizations

For assistance with college, please contact our school outreach counselor
Lindsay Robson.

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TCNJ Bonner Students



On behalf of the staff and youth, we would like to sincerely thank the TCNJ Bonners. They have been exemplary and visionary peer mentors to our youth. We appreciate their dedication and support!

Benefits For Youth:

- Increased high school graduation rates
 - Lower high school dropout rates
- Healthier relationships and lifestyle choices
 - Better attitude about school
- Higher college enrollment rates and higher educational aspirations
 - Enhanced self-esteem and self-confidence
 - Improved behavior, both at home and at school
- Stronger relationships with parents, teachers, and peers
 - Improved interpersonal skills
- Decreased likelihood of initiating drug and alcohol use (MENTOR, 2009; Cavell, DuBois, Karcher, Keller, & Rhodes, 2009)

Getting Connected:

Shelter: 609-396-8329

Anchorage: 609-989-1625

Connecting Youth: 609-439-4215

Outreach: 609-218-5630

School Outreach: 609-396-8329

DCPP: 1-877-652-2873



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Group Calendar



May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Values & Virtues: Dare to be Queen 4:30-5:30 @ Outreach 899 S. Broad St.	5	6 Collaboration with Youth Stat- Mural Project 10-12pm at Trenton PD
7	8	9 10 Calendar Work shop 4:00-4:45 Creative Life Skills, "Goals" 4:30-5:30 @ Outreach 899 S. Broad St.	10 YAC meeting 4pm @ Anchorage	11 Children's Mental Health Awareness 4:30-5:30 PM @Outreach 899 S. Broad St.	12	13
14	15 Deciding Important Qualities in an Apartment 4:30-5:30 PM @Outreach	16	17 National YAB Col- laboration Confer- ence Call 6pm	18 The Right Fit 4:30-5:30 PM @Outreach	19	20
21	22 Healthy Budgeting 4:30PM-5:30PM @Outreach 899 S. Broad St.	23 Community Ser- vices: TASK 3-5pm	24	25 National Teenage Pregnancy Preven- tion Month 4:30-5:30 PM @Outreach 899 S. Broad St.	26	27
28	29 Memorial Day	30	31	Notes:		

**** All groups will meet at 740 Greenwood Ave. Trenton, NJ from 3:30-4:30 unless otherwise noted****