

Connecting YOUTH Newsletter



Anchor House August 2017



LIVE YOUR DREAMS...

Have you ever felt limited by your situation in life? Maybe you had dreams in your childhood – hopefully, you still do – of what you would like to do in the future. On some days, those dreams may feel very far away, or maybe even impossible. Some people or situations around you may even discourage you from believing in your dreams.

No matter how hard things may seem right now, don't give up! Every day, the Connecting YOUTH team is working with youth just like you who have faced many challenges but are still pursuing their dreams, using their inner strength to move forward. Despite the odds being stacked against them, these brave pioneers have graduated from high school and are now registering for colleges and technical schools. By continuing their education, they will use their natural gifts and talents (and a lot of hard work and determination!) to create brighter futures for themselves.

Don't think you can do it? They didn't always think so, but they did... and you can! You don't have to do it alone. The strongest people reach out for help. Besides the support of your teachers and school staff, your DCP&P case worker, the Connecting YOUTH team, and all the resources at Anchor House, the New Jersey Foster Care (NJFC) Scholars program will help you make your dreams come true.

This program provides funding for eligible youth who have been in a DCP&P out-of-home placement, independent living arrangement or transitional living program, who are seeking a post-secondary degree at an accredited two-year or four-year college/university, or career/technical school.

Don't know what you want to do yet? (Most teenagers don't!) We can help with that, too. Make an appointment to see us if you'd like to explore your interests, strengths and preferences to find out what kind of careers you might love.

To find out more about the NJFC Scholars program, or just to talk about your dreams and career goals, call Amanda Porter, Education Champion at Connecting YOUTH, at 609.439.4215. You can also visit <https://www.fafsonline.org/njfc-scholars-program>.

"CREATE THE HIGHEST,
GRANDEST VISION
POSSIBLE FOR YOUR LIFE,
BECAUSE YOU BECOME
WHAT YOU BELIEVE."

OPRAH WINFREY

HAPPYVISIONS.PRE

BIG
DREAMS

...START INSIDE
...TAKE COURAGE
...INVOLVE EFFORT
...INCLUDES MISTAKES
...BUILD CHARACTER
...ARE ACHIEVABLE

greet2k.com

Connecting YOUth Newsletter



Gain LIFE SKILLS by VOLUNTEERING

Life Skills are the abilities and behaviors that empower you to effectively deal with every day opportunities and challenges. **Volunteering**, a commitment of your time and energy to benefit the well-being of people in your community or others living in countries outside of the United States, presents a way for you to learn and acquire valuable life skills.

Life Skills that can be gained or strengthened through Volunteering includes:

- Leadership
- The ability to work in a team environment
- Managing time to maximize achievement of set goals
- Problem solving and adaptability
- Communicating effectively and building positive relationships
- Planning and prioritizing things that are important to you and others

Improving social skills

Example - Leadership: For example, you can find out what kind of a leader you are while volunteering for an organization to get school supplies (*i.e. book bags, notebooks, pencils, erasers, rulers, etc.*) for students in your town/city or students living in underprivileged communities in countries outside the United States. You will have opportunities to provide directions to others, listen to suggestions, ideas, and feedback that people have, possibly resolve disagreements, motivate/inspire people to stay on track and focus on goals.

Example - Teamwork & Relationship Building: Volunteering also presents opportunities to learn how to work in teams and building lasting relationships with others. While volunteering with an organization that increases awareness of homelessness, you will have time to show how you can work with others to get jobs done. You will support your team members towards accomplishing their job responsibilities and help others who may be experiencing challenges to get their work done. You may work with people from different places, who have different opinions, interests and backgrounds. If you are willing to be open, give constructive feedback, listen to diverse viewpoints and share, you can also building positive relationships. Below are some places that you can volunteer your time and talents to in your community:

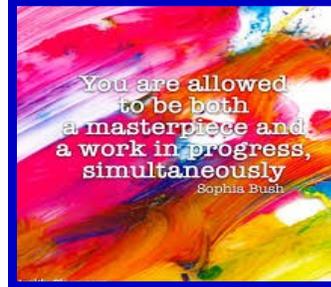
1. Anchor House- (609) 396-8329
2. TASK (609) 695-5456
<http://www.trentonsoupkitchen.org/volunteer.php>
3. Trenton Animal Shelter- (609) 989-3254



Connecting YOUTH Newsletter

Therapy Talk

August 12th is International Youth Day!



Adolescents are to be celebrated! Why? Because you are at a time in your life when you are going through some amazing changes! You are all probably aware about the changes your body goes through but did you know that your brain is changing too? During adolescence your brain goes through a second growth spurt (the first happens when you're a baby) and is another period of time when you are open to learning from new experiences. It is also a time when you solidify some of your well learned skills, for example, if you play an instrument, play a sport, dance, play games, or read. During adolescence, a large part of growing happens in the front part of your brain (forehead) which means you are getting better at organizing, completing multi-step tasks, managing your time, understanding cause and effect, and managing your emotions and impulses. All of these changes in your brain are also the reason why you begin to questions things, rely more on your friends, and want to be more independent. This is a very necessary part of your development because it ultimately helps you to prepare for that all too daunting task of "adulting." And remember- the brain is not done growing until around age 25, so be patient with yourself, you are an amazing work in progress!

THE IDEAL MENTOR IS...

One Who Believes in Your Potential

Your ideal mentor will be the type of person who will look at you and say, "I think this person has great potential!" Your mentor will be willing to invest in the time and work needed to help you succeed. A mentor will want the best for you even when you may not want it for yourself. S/he would be able to explain and show you different opportunities to help grow your strengths. When you have a mentor that truly believes in you, anything is possible.

One Who Can Help You Define Your Dream and a Plan to Turn Your Dream into Reality

Your ideal mentor will have the knowledge and/or skill to be able to discuss your dreams and help you turn them into reality. The mentor will be able to work with you on a plan and provide suggestions that could possibly turn into a fun activity. This person will be willing to listen to your concerns, fears and provide helpful methods that will produce a positive outcome. This person may not be able to make your dreams come true but they can work with you on starting your dream plan.

Willing to Stay Primarily on Your Plan, Not His or Her Own

It is always important to have a mentor who is willing to listen to you about your needs, wants and dreams but this doesn't mean they are willing to implement them. The ideal mentor will be able to stay on track when it comes to your plans regardless if it is a conversation or activity. The mentor will understand that his or her position is to be a role model not a parent or authority figure. Your ideal mentor has your best interest at heart.



Resource: <https://www.pinterest.com/bbbscanada/pictures-we-love/>

Getting Connected:

Shelter: 609-396-8329

Anchorage: 609-989-1625

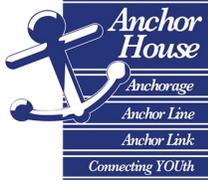
Connecting Youth: 609-439-4215

Outreach: 609-218-5630

School Outreach: 609-396-8329

DCPP: 1-877-652-2873

Connecting YOUTH Newsletter



Group Calendar



AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Food Skills Assessment @Outreach 4-5:15PM National Night Out 5-8 PM	2	3 Youth Engagement Mtg. 5:30 PM @Lifeties	4	5
6	7	8 All About Nutrition & Portions @Outreach 4:00-5:15 PM	9 YAC Mtg. 4PM @Anchorage	10 Sugar; Not So Friendly @ Outreach 4—5:15 PM 7 PM Men For Hope Planning Mtg.	11	12
13	14	TASK Community Service Event 3:15 PM	16	17 The Ultimate Grocery Shopper @Outreach 4:00-5:15 PM	18	19 Latino Festival Hightstown 1-6PM
20 Community Block Party Vendor Table 12-5 PM	21	22 Meal Planning/ Prepping @Outreach 4:00-5:15 PM	23	24 Weight Loss Dieting vs. Exercise @ Outreach 4:00-5:15 PM	25	26
27	28	29 YAC Mtg. 3:30 PM @Outreach	30 Recipe Wrap @Outreach 4:00-5:15 PM	31		

**** All groups will meet at 740 Greenwood Ave. Trenton, NJ from 3:30-4:30 unless otherwise noted****
Outreach address: 899 S. Broad street