

Connecting YOUTH Newsletter



Anchor House July 2017

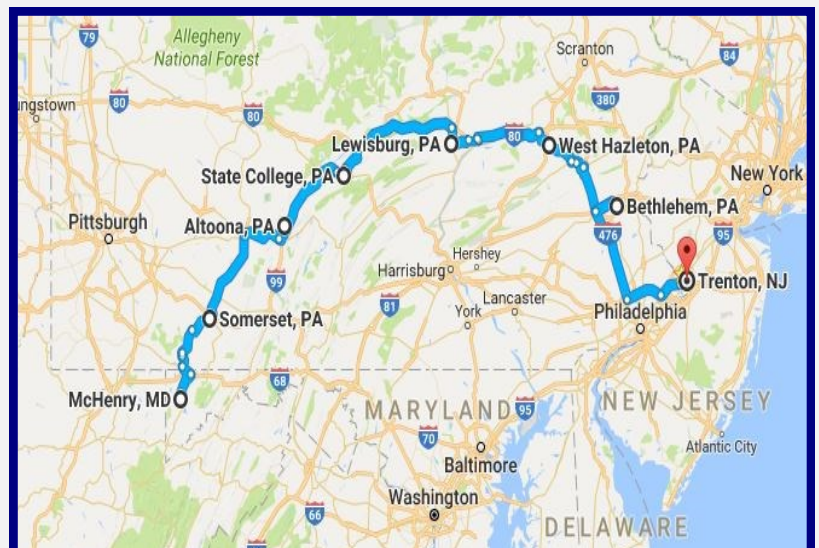


The Ride for Runaways is an annual 7 day, 500 mile fully supported charity bike ride that raises money to support Anchor House. This event has been held annually since its inaugural ride in 1979. We wish to thank all of the many cyclists, volunteers and donors who believe in our cause and do their part so that the services of Anchor House, Inc., may continue to operate and make a difference in the lives of teens, young adults and their families.



Today, The Ride for Runaways continues as an annual event with nearly 200 bicyclists and over 30 support volunteers participating. Our riders represent all walks of life and all ability levels. To learn more about the ride visit www.anchorhousenj.org/ride

The Ride Celebrates its 39th year! Dates are July 8th –July 15th



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Post-Traumatic Stress Disorder

Not all wounds are visible but the way we cope with our trauma typically is. Trauma can occur as the result of a one-time event or due to multiple events like physical abuse, emotional abuse, sexual abuse, and neglect. The impact of trauma can stay with us, especially for youth who are still growing! While people may not like talking about their trauma, they often exhibit symptoms of trauma including: struggling with intense emotional states, problems in their relationships with others, difficulties concentrating, unable to feel safe even when there is no danger, and not thinking positively about themselves. To deal with trauma, it is important to find someone who makes you feel safe so that you can process your trauma and begin to heal. It is not easy work and therefore youth who are looking to engage in counseling should be empowered to ask the counselor the following questions: 1) What experience do you have working with people who have experienced trauma? 2) What interventions will you use? 3) What happens if I do not believe the intervention is working for me? By processing your trauma, you are telling your story, learning to have compassion for yourself, learning to trust, and ultimately to give and receive the love you deserve! If you have any questions about PTSD, trauma, or counseling, please contact your Connecting Youth Worker for more information.

THE IDEAL MENTOR IS...

A Positive Model For You

It is easy to get along with a mentor that is close in age who you can relate to but can you see yourself being like this person. Are they opening your eyes to new experiences or do they just provide fun. A true mentor is a role-model that encourages you to be your best self and willing to explore new experiences with you.

Respectful

Respect is not necessarily about being older or smarter than you but someone whose opinion you value. Does your mentor value your opinion even if they may disagree with them? In a trusting mentoring relationship respect provides the foundation for communication, time, goal seeking and activities. A true mentor will value your words and understand how they reflect your actions. A mentor will respect your space when needed.

Honest

Honesty is something that can be difficult with a mentoring relationship because people try not to hurt a person's feelings. Regardless of how difficult the conversation may be or even the topic, a mentor should be able to speak honestly with you which will provide a level of trust in the mentoring relationship. Honesty is the best policy as long as it is coming from a caring heart.



A Laughing Stock!

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"The Youth Who Reads is the Youth Who Leads!"

Books You'll Want to Pick Up This Summer

We can hear you saying, "I just got out of school, why would I want a book in my face??"

Because books are a great (and free!) way to travel without ever having to leave home. You can get inside the minds of people who have struggled and overcome challenges, or visit another time and place. Reading the right books can change your mind, and even change your life.

Expand your world this summer with these teen favorites:

- I Am Malala: How One Girl Stood Up for Education and Changed the World – Malala was 15 when she was shot in the head because she wanted an education. She went on to become the world's youngest winner of the Nobel Prize.
- The Other Wes Moore: One Name, Two Fates - This book shows how life can take two opposite paths, and the choices are yours.
- The Freedom Writers Diary - A young teacher and her "unteachable, at-risk" students changed their lives (and the world) through their writing.
- The Last Lecture - Knowing he was dying, Randy shared what he'd learned about life.
- Push – Sixteen year-old Precious is pregnant by her father with her second child. This tells how she used her inner strength to rise above. Based on a true story.
- Will Grayson, Will Grayson - Two teen boys with the same name (but from different worlds) come together to create a fabulous high school musical.

Here are more lists to explore:

- Young Adult Book Lists (categories for every type of book):
<https://www.goodreads.com/list/tag/young-adult>
- Best Teen Books About Real Problems:
https://www.goodreads.com/list/show/1736.Best_Teen_Books_About_Real_Problems
- Best Fiction with LGBTQI Themes/Characters:
https://www.goodreads.com/list/show/653.Best_YA_Fiction_with_GLBTQI_themes_characters
- 50 Books Every Black Teen Should Read:
<https://newsone.com/playlist/50-books-every-black-teen-should-read/>

****If one of these books interests you, let us know and we'll try to get it for you!**

***Check out Goodreads.com for more recommendations and reviews of every type of book!**

A LIBRARY CARD IS YOUR FREE TICKET TO TRAVEL!

Don't have one? Call Amanda Porter, the Education Champion at Connecting YOUth (609.439.4215) for help with getting to you local library to open an account. Librarians are always happy to see you and will help find just the right books for you!



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



JULY 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|-------------------------------|--|--|
| 2 | 3 | 4 Happy 4th of July! | 5 | 6 | 7 | 8 Ride starts 7 AM @ Thunder Stadium Please Join Us! |
| 9 | 10 Group: Self What,? Self Care 4-5:15 @ Outreach | 11 YAC meeting 3:30pm @ Outreach | 12 | 13 Group 4-5:15 @ Outreach | 14 | 15 Ride returns to QB Mall @ 3 PM Join Us! |
| 16 | 17 YAC presentation for Board 6pm | 18 Group: Purposeful Parenting 4-5:15 @ Outreach | 19 YMCA activity 5pm | 20 | 10 Group Love Your Body 4-5:15 pm @ Outreach | 22 |
| 23 | 10 Group : Dare to be Queen @ Outreach | 25 Community Service @ TASK 3pm see: Ms. Christie | 26 Youth Homelessness Conference- Washington DC trip w/ Ms. Kim 6am-9pm | 27 | 28 | 29 |
| 30 | 31 YAC meeting 4pm @ Greenwood | | | | | |

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