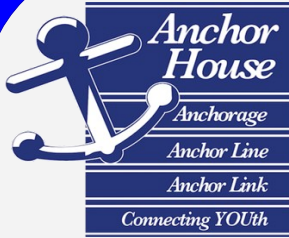


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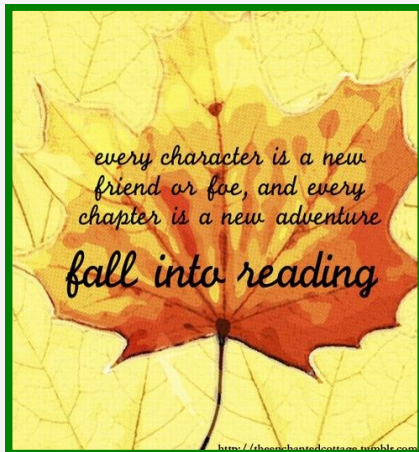


Anchor House September 2017



Celebrate INTERNATIONAL LITERACY DAY on September 8th!

Can you believe that **775 million adults around the world lack minimum literacy skills?**



Literacy is the ability to read for knowledge, write coherently and think critically about the written word. Literacy can also include the ability to understand all forms of communication, including body language, pictures, video or sound (reading, speaking, listening and viewing).

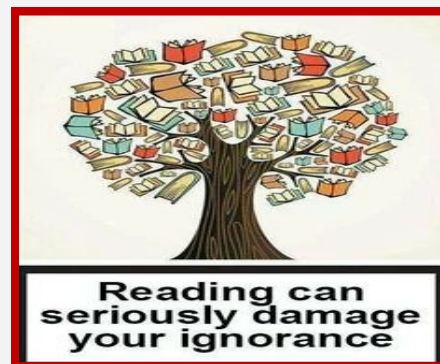
Don't become part of these statistics! We live in a country where education and literacy is available (and free!) to those who seek it out. Besides attending school and working to your fullest potential, here are some great ways to build your literacy skills:

READING: Practice reading as often as possible and be open to different text forms: • school textbooks • novels (graphic/text) • comic books • newspapers/flyers/magazines • instructions • product/food packages • e-mails • poems • song lyrics/raps • online news

Knowledge = Power: Know Your Learning Style!

Have you ever heard (or thought), *"I'm just not smart in school"*? Actually, there are lots of different ways of being smart! Each of us learns and expresses information differently. Howard Gardner named 9 different kinds of learning styles:

Visual/Spatial
Verbal/Linguistic
Mathematical/Logical
Bodily/Kinesthetic
Musical/Rhythmic
Interpersonal
Intrapersonal
Naturalist
Existentialist



Why does this matter? Because everyone is smart in different ways! We learn best when we use our learning style to absorb and communicate information. In other words, discovering your learning style can help you learn better and more easily, both at school and in life.

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A Laughing Stock!

[www.pinterest.com/
pin/466052261409127505/](http://www.pinterest.com/pin/466052261409127505/)

WHAT YOU CAN TEACH YOUR MENTOR?

A mentoring relationship is a partnership between two people. In this partnership, you are working on building trust, teamwork/collaboration and leadership. Some may think that this is the responsibility of the Mentor but the truth is that this is a collaborative responsibility between the mentee and mentor.

As a mentee, you have the ability to build trust, collaboration and leadership. Yes, I said it! You have the ability to provide leadership in your mentoring partnership. Below are some ways you can collaborate your ideas, skills and talents with your mentor. The mentor is there to help you get to your next level but you can also take them to their next level. Here are a couple ways to apply trust, collaboration and leadership in your mentoring session.

CREATIVITY

If you are working with your mentor on a activity, don't be afraid to add your ideas on how to make this activity better. Try coming up with different ways to improve your activity by taking risk or thinking out-side the box which will help you take your creativity to the next level. Creativity is all about coming up with ideas to improve solutions or problems, so use your creativity to the fullest.

TECHNOLOGY

If you love playing with game apps, watching online videos or taking phones apart then use that technical brain of yours to your advantage. Your mentor may not be savvy with social media or online games but this is an opportunity to use leadership skills to show your mentor something new. Don't be afraid to teach your mentor some tip & tricks that could be useful during a mentoring activity.

Overall, we all have something to offer and as a mentee it is important that you show your mentor your skills and talents so the mentoring relationship can grow together. Your mentor will never know your capabilities if you do not communicate and show them what you are capable of doing.

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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Coping Strategies for Teens. . .

- Try to be open with your feelings.
- Spend time with family and friends.
- Consider the importance of spirituality in your life.
- Get involved with after-school activities.
- Accept other's thanks, compliments, and praise.
- Plan your future and set realistic goals.
- Volunteer - you have a lot to offer.
- Exercise regularly and eat right! (Chocolate is good!)
- Read subjects that interest you.
- Laugh and keep your sense of humor!
- Do not tolerate physical, emotional, or sexual abuse from anyone. Get help immediately!
- Seek help if you feel overwhelmed or troubled.
- *Needing help is not failing, it is simply being human.*

Life Skills. . .

A well-known life skill for saving lives in a fire emergency is: "Stop-Drop-Roll". This program teaches another vital emergency life skill "Stay - Listen - Get Help".

The Yellow Ribbon Suicide Prevention Card explains the skill, instructs the person receiving the card what to do, and helps youth when they are faced with this life threatening situation - the fire inside.

Another skill is to couple the warning signs with the risk factors. The combination of these factors *increases and intensifies* the profile of someone in trouble and needing help.

I PLEDGE TO

let my friends know they can talk to me - be respectful and supportive of everyone regardless of sexual orientation and gender identity - listen with an open mind and without judgment - take what people say seriously - check in with friends who may need to talk - help a friend call the Trevor Lifeline if they are in crisis (866-488-7386) - tell a person I trust if I think someone is considering suicide - call the Trevor Lifeline whenever I need support (866-488-7386) #TREVORTALKTOME

Don't let these labels...

HOMO FREAK LOSER
LOSER TRASH

Turn into this one:

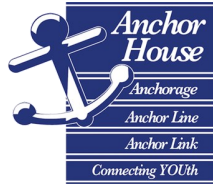


The only choice is to be the voice.

If you think a friend is in crisis:
STOP: Your friend needs *your attention*.
LISTEN: This is serious. Gather information.
GET HELP: For yourself or your friend. Your friend needs help now.



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Group Calendar



SEPTEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day!	5 Building Your Resume @Outreach 4:00-5:15 PM	6	7 Youth Engagement Mtg. @ LifeTies 5:30pm What Jobs Are Right For You @Outreach 4:00-	8	9
10 National Grandparents Day!	11 Finding Your Perfect Position @Outreach 4-5:15 PM	12	13 YAC Mtg. 5pm followed by: National YAB Conference Call 6:00-7:00pm @ Anchorage Interview Etiquette	14	15	16
17	18	19 Got The Job, What's Next @Outreach 4:00-	20	21 Money, Money Management @Outreach 4:00-5:15 PM	22	23 Italian American Festival @Mercer County Park (TIME TBD)
24	25 Big Bank Ballers @Outreach 4:00-5:15 PM	26 Volunteer @ TASK 3:15pm	27 More Than A Dollar @Outreach 4:00-5:15 PM	28	29	30

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