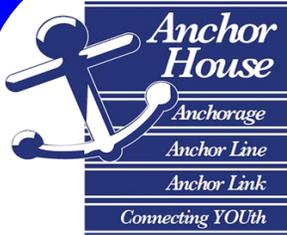


Connecting YOUth Newsletter



Anchor House October 2017



ANCHOR HOUSE YOUTH ADVISORY COUNCIL IS MAKING AN IMPACT

Anchor House's Youth Advisory Council (YAC) has been participating in lot of wonderful activities both within the agency and throughout the community. YAC is comprised of youth/young adults who have been a part of one or more of Anchor House programs. The members work collaboratively with the facilitators to enhance Anchor House programs through training, exposure to new activities and volunteerism. YAC was developed over two years ago and has made significant strides to have the members provide their input as to their experiences within the programs and knowledge of what young people need to thrive in our community. The goal of YAC is to provide the members with opportunities to gain skills in the areas of leadership and advocacy through trainings, workshops and conferences. YAC members participate in volunteer activities and are ambassadors of Anchor House.

In July, the facilitators and three YAC members traveled to Washington DC for the 2017 New Jersey Congressional Reception, Hill Day at the Dirksen Senate Auditorium on Capitol Hill in DC. The theme of the reception was "No Cuts to Housing". The attendees included senators, members of the House representing NJ and advocates working with the identified population. Speeches and brief remarks were given in-order to provide information related to the impact that these budget cuts have on the communities that serve low-income families, the homeless and those with special needs. The YAC members were inspired by the work that is being done by these State leaders to fight for those in need. YAC participated in two local volunteer activities in August including assisting in building a new playing ground at the Foundations Academy School in Trenton and having a vendor table at the Men for Hope's Annual Block Party also in the city of Trenton. The members spoke to community members about Anchor House's various programs, their personal experiences and distributed informational pamphlets and hygiene products to those in need. On September 13, 2017 YAC members took part in their 2nd conference call with the National Youth Advisory Board and collaborated with other young adults from California on an innovation project aimed at identifying ways to improve agencies ability to make everyone feel welcome and safe within their programs. Additionally, over the past three months YAC members have attended Mercer County's Youth Engagement meetings and are working with the committee to end youth homelessness by 2020.

YAC and other young adults from programs throughout Mercer County are contributing their ideas and suggestions which will be included in the facilitators grant proposal to request additional funding from the State, for young adults in the area of housing and services upon aging out of the system. YAC members are looking forward to upcoming events in October which will include additional leadership training, a job readiness class as well as volunteering at the Trenton Area Soup Kitchen. We are very excited and proud of the great advocacy our YAC are doing on behalf of Anchor House.



Connecting YOUTH Newsletter

You are in control of your own life
Original poem by Ashley W., Connect to Home

Instead of complaining about it do something about it
I don't care if that's reaching out for help or asking for help
Don't be ashamed or embarrassed it just means you had enough & need some type of guidance
That's also a big step for your life
When you get that help you also have to help yourself as well because nobody can help you if u don't put any effort to it
Just think about all the things you went through, and now think about if u want to keep going through them,
Do you want to change? Complaining and not doing anything about it won't change
So we as in people need to stop complaining and be more grateful
Stop saying tomorrow, say I am going to do it today because every day that you keep saying tomorrow you are only wast-
ing time
We can't never get time back, so start by having a daily routine every day to accomplish your dreams, and goals
Even if you try a daily routine that's not working out for you to reach your dreams and goals, then change your daily
routine
So start taking the steps that are going to change your life for the better
If you know deep inside it's not going to benefit you then don't do it
Start doing things that's going to benefit you and stop worrying about what other people think
Do what's best for you so you can grow and be a better person
You are in control of your own life



We hope that if you are reading this you are enjoying living independently or you are on your way there.

October is Fire Prevention Month and we thought we would leave you some life-saving information. Each year, more than 4,000 Americans die in fires, more than 25,000 are injured in fires. These are usually regarded as typical fires. Cooking is the third leading cause of fire deaths and the leading cause of injury among people ages 65 and older.

In order to protect yourself, it is important to understand the basic characteristics of fire. Fire moves fast. In just two minutes, a fire can become life-threatening. In five minutes, a home can be engulfed in flames. You can't see in a house fire. Fire produces gases that make you blind, disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Choking is the leading cause of fire deaths, exceeding burns. Fire is unexpectedly very hot. Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can burn your lungs.

The following are things you can do to protect yourself, your family, and your property in the event of a fire:

- Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by 50%.
 - Place smoke alarms in every bedroom and on every level of your residence, including the basement.
 - Install a working carbon monoxide detector in the common area of the bedrooms.
 - Test and clean smoke alarms once a month and replace batteries twice a year. You can time it with setting your clocks forward and back.
 - Replace smoke alarms according to the information on your alarm. There is usually a expiration date.
 - Never leave food unattended while cooking.
 - Always wear short or tight-fitting sleeves when you cook.
 - Keep towels, pot holders and curtains away from flames.
 - Never use the range or oven to heat your home.
 - Have an escape plan in the event of a fire. Review escape routes with your family. Teach family members to stay low to the floor, where the air is safer, when escaping from a fire.
 - Make sure windows are not nailed or painted shut.
 - Place space heaters at least three feet away from flammable/combustible materials.
 - Keep matches/lighters away from children.
 - Never smoke in bed or when drowsy or medicated. If you must smoke, do it responsibly.
 - Inspect extension cords for frayed or exposed wires or loose plugs.
 - Do not overload extension cords or outlets.
- If you smell smoke CALL 911! Fire can be in your walls without you knowing it.

ASK THE FIRE DEPARTMENT TO INSPECT YOUR HOME FOR FIRE SAFETY AND PREVENTION
and call them if you have any questions.

Make your independent living safe and fun this year and always. Share your safety tips with friends and family.

Connecting YOUTH Newsletter

A Laughing Stock! :0)



<http://s2.quickmeme.com/img/c3.jpg>

DO YOU EVER WONDER WHAT YOUR MENTOR IS SAYING WHEN YOU ARE NOT AROUND?

Everyone has had a mentor at some point in their life, whether it is for a short period of time or a long period time. Mentors can be in the form of a coach, teacher, parent, nurse, and even a musician. This would be a person who can offer advice or introduce you to new possibilities in life that may take you out of your comfort zone. But have you ever wonder what your mentor is saying when you are not around? Do you see happiness and excitement in their faces but want to know what they say about you to others. It is a question that some mentees would like to know about their mentor.

During this past week the Connecting Youth Mentoring program had its first meet & greet of the fall and boy did we have fun! We started off with some group mentoring activities such as the Human Knot, Career-Keno and What Are Your Hobbies? Then we went into the more personal one-on-one activities, "Get To Know You." During the mentoring scheduled days you heard laughter, words like "Really" and "I didn't know that." By end of the week the mentors and mentees were playing tricks and nearly scared me half to death! But little do they know I have tricks too! I loved watching the laughter; fun, understanding and seeing these relationships form. So I had to ask the mentors what they thought about their mentee during the first week of mentoring and this is what they said:

Mentor: Kai

"For me, I would like to share how close we have gotten as a group with our mentees. Youth J was so excited to show me how much fun she had at the Career fashion show, and we were talking about all these great movies. She has a very keen perception, and I really appreciated hearing her point of view on some of the themes we can find in movies. Youth N shared a demo she made of her singing with everyone, and revealed that she hasn't shown many people it which was amazing that she shared that with us. And, youth A just felt so comfortable being who she was, and I was extremely happy that we could create that type of atmosphere. She was singing, dancing, and revealed a lot of her passions such as scaring people haha."

Mentor: Noah

"Finding out you and your mentee like the same superhero."

Mentor: Merlyn

"The bond over scary movies/ events." To give some context, Youth N, Youth A, Chloe, Madison and me were all talking about scary movies and other spooky things. It was really quite funny!"

Your mentors have awesome things to say about you but we like to know what you think about your mentor?

To be continued...

Make a Difference Day Volunteer Opportunities

Saturday October 28th, 2017

If interested in volunteering opportunities on Make a Difference Day please contact

Claire Walton (609) 396-8329 x 109

On October 28th, volunteers from across the country will unite for Make A Difference Day, one of the largest annual single-days of service nationwide. Since 1992, volunteers and communities have come together on Make A Difference Day with a single purpose: to improve the lives of others.



Connecting YOUTH Newsletter



Group Calendar



OCTOBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Speak Up 3:30-4:45pm @ Outreach	3	4	5 Bigger Than The Moment 3:30-4:45 pm @ Outreach YAC- Youth Em- powerment Mtg 5:30pm @ Life- Ties	6	7
8	9 YAC Mtg 4:15pm @ Anchorage & YMCA Event @ 5:15-7pm	10	11	12 It's Not Always What It Seems 3:30-4:45pm @ Outreach	13	14 *Tentative* Paradise play 3pm @ 16 E Hanover St,
15	16 Characters Of Criti- cism 3:30-4:45pm @ Outreach	17	18 Channeling Your Inner "Change" 3:30-4:45pm @ Outreach	19 Poetry Event 5-7pm @ Trenton Library	20	21 Urban Mental Health Alliance Conference 8:30- 12pm
22	23 Know What Happens Next 3:30-4:45pm @ Outreach	24 TASK- Volunteer 3:15pm	25 The Come Back 3:30-4:45pm @ Outreach	26	27	28 Make a Difference Day! 
29	30 All The Way Up 3:30-4:45pm @ Outreach	31  Halloween!				

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
 NJ Abuse Hotline: 888-652-2873

**** All groups will meet at 899 S. Broad Street Trenton, NJ unless otherwise noted****