Anchor House, Inc.’s mission is to provide a safe haven where abused, runaway, homeless and at risk youth and their families are empowered to succeed and thrive.

Anchor House was founded in 1978 as a safe shelter for runaway, homeless and abused youth in crisis in the city of Trenton. At Anchor House, youth and families can heal from the impact of trauma in a safe, supportive and empowering environment.

A heartfelt thanks to all of our staff, youth, volunteers, donors and our community for supporting us our mission and services for all these years.
April is National Child Abuse Prevention Month

Every year more than 3.6 million referrals are made to child protection agencies involving more than 6.6 million children (a referral can include multiple children). The United States has one of the worst records among industrialized nations – losing on average between four and seven children every day to child abuse and neglect. It is important to understand how trauma affects brain development because youth are more vulnerable to low self-esteem, impaired social skills, learning disabilities, sleeping disturbances, and more. Child abuse can lead to further health complications down the road, both physical and mental. We use the month of April as a way to bring awareness to this epidemic, highlighting resources that are always in place to combat child abuse. In the state of New Jersey, everyone is a mandated reporter which means if you suspect something is happening, you must report it.

This is the New Jersey Child Abuse Hotline: 1-877-652-2873

Child Abuse Prevention begins with each of us – in our homes, neighborhoods, communities, schools, churches and wherever children and families congregate. Prevent Child Abuse America states, “All children deserve great childhoods because they are our future.” Their CAP theme this year is, “Help Great Childhoods Happen”

You can show that you want to help combat childhood abuse by planting a pinwheel garden, or wearing a blue ribbon during this month as an outward expression that you will not support abusive behavior by others and you will not engage in abusive behavior towards others. Start building your personal healthy community of family and friends and establish your personal foundation that help children have great childhoods.

https://www.childhelp.org/child-abuse-statistics/

Stand Against Racism 2018
April 26th-28th, 2018

Stand Against Racism
Stand Against Racism is a national YWCA campaign to build community among those who work for racial justice and to raise awareness about the negative impact of institutional and structural racism in our communities. This campaign is one part of our larger national strategy to fulfill our mission of eliminating racism.

http://standagainstracism.org/pledge
April is Volunteer Appreciation Month!

Ask someone “What is a volunteer?” and you might hear an answer like, “It’s someone who does work without getting paid for it.” While it’s true that volunteers don’t get paid, they do receive the priceless satisfaction of knowing that they have made a positive difference in the lives of others. Volunteers invest their “time, talent and treasure” in causes they care about. They make room in their lives, hearts and schedules to show up and make change happen. Volunteers rock – especially Anchor House volunteers!

April is Volunteer Appreciation Month. While all of us at Anchor House appreciate our volunteers 24/7/365, April provides us with a special opportunity to recognize them and all they do. Whether volunteering as individuals on a regular basis or in groups performing “days of service,” planting a vegetable garden or painting a bedroom, conducting toiletry drives or raising money and awareness, Anchor House volunteers make a difference.

The roles volunteers play at Anchor House are diverse. Maybe you have been mentored by Wally at Connecting YOUth. If you have been around the Shelter, you may have met Tom and Simon -- a dynamic duo who have given of themselves every week for more than 20 years, coming on Wednesday evenings to provide residents with recreational opportunities. Maybe you have experienced love delivered by volunteers in the form of home-cooked meals or crocheted blankets, or some special holiday gifts. You might not have seen the hands that made the meal or the blanket or that purchased the gifts, but you experienced a happy tummy, a warm bed and a full heart because of them. There is something magical about that.

The Rev. Dr. Martin Luther King, Jr. once said, “Everybody can be great, because anybody can serve.” Some of Anchor House’s most impactful volunteers are young residents past or present and youth who are otherwise affiliated with the agency. These ambassadors reach beyond Anchor House and demonstrate love and leadership to the community around them. They do so in ways ranging from volunteering with Special Olympics or delivering hygiene kits and food to homeless individuals to serving at the Trenton Area Soup Kitchen or creating cards for sick children and more. If you are one of these amazing young people, Volunteer Appreciation Month is about you, too. If you aren’t volunteering, now is a great time to start! If you need ideas about how you can help while helping yourself – volunteerism has been shown to be good for you and you’ll have some great stuff to add to your resume or college application – ask a staff member of contact Claire Walton, Volunteer Coordinator, at 609-396-8329 x 109 or cwalton@anchorhousenj.org.

Great role models for volunteers can be found in the nearly 200 individuals who take part in the annual “Ride for Runaways” and raise a substantial portion of the agency’s operating budget. Behind them stand all who sponsor the riders and SAG teams, as well as the families that sacrifice time together so that their loved ones can make the 500-mile Ride. The volunteers who sit on the Boards of Anchor House and the Anchor House Foundation demonstrate leadership in donating their time and expertise to make sure the lights stay on, the doors stay open and the agency is fulfilling its mission.

Thank you to all the fabulous Anchor House volunteers. We appreciate you!
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<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td>1</td>
<td>2 Anchor House Child Abuse Prevention Month Kickoff 1 pm Trenton Mayoral Debate 7 pm 111 W State St.</td>
<td>3</td>
<td>4 Leadership Training Workshop # 3 @ Greenwood Ave. 4:45-6:30 pm</td>
<td>5 CAP T-shirt event 11:30-1:30 pm Safe Rest Youth Empowerment Mtg. 5:30 pm @ Lifeties</td>
<td>6</td>
<td>7 Journey to Wellness 12-3 pm Hamilton MASK 12-2 pm @ Shelter</td>
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<td>8</td>
<td>9 “The best and most beautiful things in the world cannot be seen or even touched– they must be felt with the heart.”—Helen Keller</td>
<td>10</td>
<td>CAP Movie 2 pm @ Shelter</td>
<td>11 Trenton Policy &amp; Prevention Mtg. 3-5 pm (BOE)</td>
<td>12</td>
<td>Make up Date Leadership Workshop # 4 5-6:30 pm @ Greenwood</td>
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<td>15</td>
<td>16 Do something fun for yourself</td>
<td>17</td>
<td>18 YAC 7 Habits Mtg. 4:30 pm @ Outreach</td>
<td>19 CAP event @ Outreach 1-4 pm Poetry event 5-7 pm @ Trenton library</td>
<td>20</td>
<td>Volunteer Recognition Day!</td>
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<tr>
<td>22</td>
<td>23 YAC General Mtg. 5 pm @ Anchorage</td>
<td>24 TASK Volunteer 3:15 pm Tentative</td>
<td>25 Educate yourself about the 4 types of abuse: emotional physical sexual and medical abuse</td>
<td>26</td>
<td>27 Stand Against Racism! Event @ Outreach 1 pm</td>
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<tr>
<td>29</td>
<td>30 Ignite Film Event 5 pm @ Greenwood</td>
<td>31</td>
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<td>28</td>
<td>Explore Something New!</td>
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### Getting Connected:
- **Shelter:** 609-396-8329
- **Anchorage:** 609-989-1625
- **Connecting Youth:** 609-439-4215
- **Outreach:** 609-218-5630
- **School Outreach:** 609-396-8329
- **NJ Abuse Hotline:** 877-652-2873