

Connecting YOUth Newsletter

May 2018



YOUR VOTE COUNTS!

If you have never voted before, the process to do so is simple and can be completed in a few steps. To register in New Jersey one must be: a United States citizen, at least 17 years old to register to vote although understand that you may not vote until the age of 18 and a resident of the county for 30 days before the election. For a voter registration form, one can access the link through: state.nj.us/state/elections/voting-information.html and then choose Mercer County if this is your county of residence. The registration form can be printed and mailed, free of charge.

The Trenton Mayoral and City Council elections are on May 8, 2018. If you're unsure if you're registered, or to check if your details are up to date, one can check their voter information on the Department of State website: voter.njsvrs.com or contact **Voter Registration** at 609-989-6750.

Once registered, individuals will receive information as to their assigned location for voting pools and receive a sample ballot. Any registered voter may also vote using a vote-by-mail ballot instead of going to the polls on Election Day. Vote-by-mail ballots must be postmarked on or before Election Day and received by county elections office no later than 3 days after Election Day.

YAC members have attended several Trenton Mayoral and City Council events and debates over the past two months and gained more insight as to the process as well as the platforms of each of the Trenton candidates. The YAC members have enjoyed learning about elected officials and looking forward to taking part in the upcoming elections.

As it relates to the upcoming elections, two YAC members gave their thoughts:

TI voiced- "I love the fact that I am able to vote. It just makes me feel good that I am getting a say so in what is going on in my community and country. I just wish that we could get more young people to feel the same way."

CP stated- "I see the importance of voting because your vote counts. It would be great to have a lot of the younger generation voting since I believe that they are the answer to fixing our community and country's issues."



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Children's Mental Health Awareness Week May 1st—May 8th 2018



What better way to blossom during the month of May than to take care of our mental health. May is mental health awareness month, but no matter what month it is, it is always important to share some ways to practice self-care. Building relationships require good judgement and understanding one self.

Self-care includes activities that we do because we enjoy them, and that benefit our physical, emotional, and mental health. It might sound simple, but it is often overlooked! Someone who practices good self-care will improve their mood; reduce anxiety, stress, etc. The benefits are endless!

So what are some examples of self-care?

* Taking a walk! With the weather getting warmer, what a great chance to take a half hour to yourself (or with a loved one) and take a nice stroll outside.

* Listening to music! Taking time to listen to music that inspires and motivates you will surely increase someone's mood.

* Reflecting on your day! Take a few minutes at the beginning or end of your day to think about what made you feel happy, sad, or frustrated. Being aware of your emotions helps one focus on the positives in their life, and brainstorm ways to improve on the negatives.

* TREATING YO SELF! Eat that extra cookie!

Splurge on that manicure! Give yourself ten more minutes in bed! Your soul will thank you!

Trauma creates
changes you don't
choose. Healing is
about creating change
that you do choose.



HealthyPlace.com

Love all the hurt,
traumatized, and abandoned
parts of yourself. Honoring
all of you gives your
wholeness a voice.



Health



My Name is Eva Gilbert, and as the new **Rapid Rehousing Case Manager**, my efforts thus far have been to network and secure suitable and safe housing for our young people. Over the last month I have had the opportunity to build a growing relationship with some of the clients from other programs here at Anchor House. Building these relationships provides our young adults with the opportunity to learn and hopefully take advantage of what Rapid Rehousing has to offer. To date we have gone to see apartments and have built relationships with landlords. I am proud to announce we have secured 895 S. Broad St. as our first apartment. Just a few opportunities that come with participating in this amazing program: Housing search & Placement, Rental Assistance and Case Management for youth between the ages of 18-24. For more information call: 609-218-5630

Connect to Home dedicates time with our clients on a day to day basis by educating them on ways to effectively advocate for themselves to address their housing needs and assist them in their daily routines. The life skill is that what you build on everyday and is the clearest determinant of what you'll do in the future. Be on the lookout for the latest collaboration between Arm In Arm and Connect to Home. Arm In Arm has developed the "Smart Renters" workshop series. This will be a certificate program to further prepare our youth for renting. Landlords would love to speak with renters who have completed this. We also can assist you with resources such as educational funding, employment services and other community resources. If you'd like additional information and/or need assistance applying, please contact Rosario: 609-218-5630.

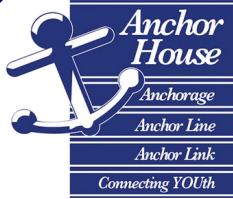


Who's Apartment is it?....It's Yours!

This month's Life Skills Group Classes are going to be AMAZING! The group classes will be held at the Outreach office on Mondays and Thursdays and will focus on securing and maintaining an apartment. Please come for the yummy snacks, guest speakers and fun field trips! Transportation is available; please contact Reana with questions about May's Life Skills group classes and the Anchor Line Permanent Housing Program. 609-218-5630 x102



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Group Calendar May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	YAC Mtg. 4 pm @Anchorage TCNJ College Visit 2-7pm YAC &School Outreach	3 Youth Engagement Mtg. 5:30 pm @ Life Ties Life skills Group @Outreach 4:30- 5:45 pm	4	5 MASK OFF 12-2 pm @Shelter
6	7 Life skills Group @Outreach 4:30- 5:45 pm	8	9 Trenton Policy & Prevention Mtg. 3-5 pm @ Trenton BOE Vol. Mtg. with Men for Hope 5:30 @ Greenwood	10 Field Trip Self Defense Class @Outreach 4:30- 5:45 pm	11	12 Beautiful Me Empowerment Brunch 9:30
13 Mothers Day!	14 Ignite Film Series Part 2 @ Anchor House 5-7:30 pm Life skills Group @Outreach 4:30-5:45 pm	15	16 Safe Rest Conference Call 6 pm @ Anchor- age	17 Life skills Group @Outreach 4:30- 5:45 pm	18	19 MASK OFF 12-2 pm @Shelter
20 Passages Theatre Play: Caged 2 pm	21 Life skills Group @Outreach 4:30-5:45 pm	22	23 YAC Mtg. 7 Habits @ Out- reach 4-5:30 pm	24 Life skills Group @Outreach 4:30- 5:45 pm	25	26
27	28 Memorial Day!	29 TASK Volunteer 3 pm	30	31 Life skills Group @Outreach 4:30- 5:45 pm		

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

