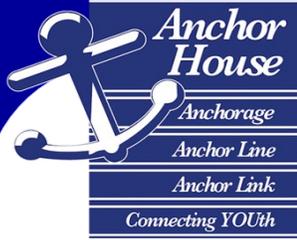
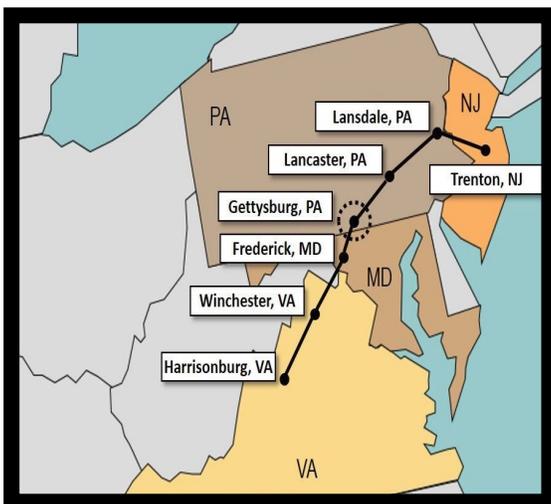


Connecting YOUth Newsletter

July 2018



Anchor House Ride For Runways 40 Years Strong!



This Years route

Join us in celebrating our 40th Ride for Runaways, July 7-14th. Since 1979, this 500 mile charity bike ride has raised money for Anchor House and the youth it cares for. The ride is from Harrisonburg Va. and back to Trenton NJ.



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 youth, young adults and their families.

Connecting YOUth Newsletter

What the Ride means to me

When the Youth Advisory Council members were asked what the Anchor House Ride means to them they collaboratively expressed gratefulness to the Riders for the giving their time and dedication to raising money and awareness for the agency. They were amazed at how much practice and time goes into preparing for the 500-mile ride and how many people contribute in one way or another to this event. They reflected on the previous years that they have been a part of the send-off and welcome back ceremonies and acknowledged how meaningful it has been to witness so many individuals coming together for this cause to help them and the agency as a whole.

NA voiced that there are so many benefits to being a part of Anchor House including the staff that care and are there for so many youth/young adults. She spoke about the services that are offered not just while one is physically living in the agencies program but afterward as well. NA wanted to tell the riders, "Don't quit, keep pushing and remember we appreciate you". NA also encouraged everyone to drink lots of water during the ride!

CP stated that the ride is important because it shows that so many people care about the youth and young adults at Anchor House and that these individuals are taking risks, being away from their own families for a week and making a difference in the lives of so many. CP wished the riders a safe trip and said, "y'all are doing this for a good cause so we truly thank you".

EW reflected on the past years that he has been a part of the agency and all of the support that has been offered to him by staff and volunteers. He indicated that the Ride is such a significant event and it is amazing to see so many people not only ride but also support through donations and being there to send off and welcome the riders back. He went on to say that this dedication of so many individuals allows him and his fellow peers within the agency to have so many opportunities and do things that they have never done before and possibly never would have had the chance to do without this ride. EW wanted to relay to all the rider and support staff, "Bless your heart"

Supporting others is the cornerstone of a healthy community. It may be through donating to a charity, being a mentor to a youth, or simply helping your neighbor with their groceries. By taking care of ourselves, we can be there to support others in their time of need. Everything ebbs and flows and by supporting others we work to build communities that will be able to help support us when the time comes and we need it. G. Brewer



Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. [National Minority Mental Health Awareness Month](#) was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

For Minority Mental Health Month, It's Time To Do Your Part.

Help us spread the word through the many awareness, support and advocacy activities below by showing that you're #IntoMentalHealth.

Share minority mental health awareness information, [images and graphics](#) for #MinorityMentalHealth throughout July.

America's entire mental health system needs improvement, including when it comes to serving marginalized communities. [Learn more about how you can get involved](#) with Minority Mental Health Awareness Month.

<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month>



Hello! My name is Nyasia Muñiz and I am excited to get on board with Anchor House's Connecting YOUth program as the new Youth Coach. Being back is such a great feeling (I was an intern!) and I can't wait to start my journey now as an employee. During my time as an intern, I was able to gain knowledge on what Anchor House and its programs are all about. Before Anchor House, I volunteered with one of HomeFront's program called Joys, Hopes, & Dreams where I served as a mentor and tutor for the youth. I volunteered for four years and I loved everything about it!

I attended Rider University in 2014 and recently just graduated in May of 2018 with my Bachelors in Liberal Arts and Sciences. My major was psychology and my minor was social work. At Rider, I was a resident advisor for 3 years, a Bonner Community Scholar all 4 years, a sister of Lambda Theta Alpha Latin Sorority, Inc., and a study abroad ambassador. I studied abroad last year in Sunshine Coast, Australia for 5 months. It was an amazing experience and I knew coming back I needed to obtain an internship. The only agency I was looking into while in AUS was Anchor House because I knew this was the place for me. Fast Forward, I've found my home with Anchor House and I can't wait to make connections with the youth I work with.

Family is Everything

As a Success Coach in the Connecting Youth Program I get to witness young adults make decisions that will impact their lives that lead to them growing through change and at times difficult moments. My charge is to help them to identify the non-professionals in their lives that will become their friend and family supports to share their highs and lows with throughout their lives.

I have witnessed positive growth within the youth we serve. They were not perfect in the process of connecting to others but they are making an effort to open themselves up to understanding the adults in their life that care about them. They are available to the preparation process of practicing reciprocity in a relationship. They are open to mending bridges with parents and other family members that care for them even from a distance while in DCP&P care.

I have learned so much about your ways of coping that provide space in your life to be open, kind, tolerate and hopeful. You are resilient and bounce back from some daily adversity that tests your ability to cope with family and friends.

You reinforce for me that family is special. You express positive emotions in so many ways within families and family-like friendships. You all demonstrate to this Success Coach that family is important and all of you attending Connecting Youth have reinforced the thought that family is Everything.

Remember:

Family isn't always blood. It's the people in your life who want you in theirs, the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what. Unknown Author
 Danette Wright-Lee, Success Coach

The Connect to Home Corner

Connect to Home will host their 2nd joined monthly tenant meeting with the Connect to Home and Rapid Rehousing programs on June 30th 2018. During the meeting Rosario will discuss ways to create and maintain your credit score. There will be an informative session along with fun activities that will teach you some basics of knowing about your credit and how that impacts your future plans. Come Out and Join Us. If you'd like more information please contact Rosario at (609) 218-5630.

TRENTON DOWNTOWN ASSOCIATION

Every Thursday June
 28 - August 30, 2018
 Mill Hill Park
 165 East Front Street
 Trenton, NJ 08608
 Concert Series start time 5:30 pm



Next Generation Community Leaders Presents: Embrace You
 Community Festival
 Sat, Jul 21, 10:00am
 Joyce Kilmer Middle School, Trenton, NJ

Connecting YOUTH Newsletter



Group Calendar July 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Life Skills Group @Outreach 4:30-5:45 pm	3 YAC- Collaborative Men for Hope Mtg 4pm	4 Happy July 4th	5 YAC- Youth Empowerment Mtg 5:30pm @ LifeTies Life Skills Group @Outreach 4:30-5:45 pm	6	7 Anchor House Ride- Send off Arm & Hammer Trenton Park 7:30 AM	
8	9 Life Skills Group @Outreach 4:30-5:45 pm	10	11 Trenton Policy & Prevention 3-5pm @ Trenton Police Sharing Your Story Workshop 5:15pm @ Greenwood	12 Mtg w/ Tim and Cornealia re: Conference 5:30pm Life Skills Group @Outreach 4:30-5:45 pm	13	14 Anchor House Ride Welcome Back Quaker Bridge Mall Lawrenceville 3:00 PM	
15	16 Life Skills Group @Outreach 4:30-5:45 pm	17 HEART OF THE MATTER CONFERENCE IN KENTUCKY	18 HEART OF THE MATTER CONFERENCE IN KENTUCKY	19 HEART OF THE MATTER CONFERENCE IN KENTUCKY	20 HEART OF THE MATTER CONFERENCE IN KENTUCKY	21 Volunteer at Suicide Prevention Festival @ Joyce Kilmer School 9am-3pm	
22	23 Life Skills Group @Outreach 4:30-5:45 pm	24 YAC-Men for Hope Mtg 4pm	25 Day of Advocacy Washington DC *tentative*	26 LGBTQ workshop 2-5pm @ Rutgers Life Skills Group @Outreach 4:30-5:45 pm	27	28	
29	30 Life Skills Group @Outreach 4:30-5:45 pm	31 General YAC Meeting- 7 Habits @ Anchorage 4pm	<p>Getting Connected:</p> <p>Shelter: 609-396-8329</p> <p>Anchorage: 609-989-1625</p> <p>Connecting Youth: 609-439-4215</p> <p>Outreach: 609-218-5630</p> <p>School Outreach: 609-396-8329</p> <p>NJ Abuse Hotline: 877-652-2873</p>			<p>Note: New for summer: Group Mon-Fri. 10 AM @ Greenwood</p>	