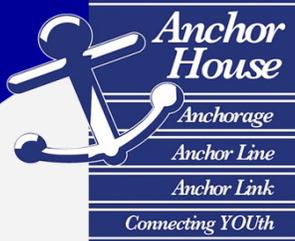


Connecting YOUth Newsletter

June 2018



School will be over this month. Here are a few safety tips to help you stay safe throughout your summer vacation.

- ◆ **Always trust your instinct.** If something seems suspicious or makes you uneasy, it probably is.
- ◆ **Be aware of your surroundings,** especially during times you are less alert than you normally would be (stressed out, upset, or sick).
- ◆ **Do not to leave your personal belongings** (cellphone, money, house keys) out of sight or unattended.
- ◆ **Identify friends, peers, and family members that you trust** in case you ever feel you are in an unsafe situation or environment.
- ◆ **Come up with a plan** ahead of time so you know who you would call, where you would go, and how you would get there.
- ◆ **Walk with a friend** whenever possible and use well-lighted routes rather than dark, vacant roads. If you feel that you are being followed, walk into a well-populated area, such as a restaurant or store, and ask for help.
- ◆ **Drive safely and responsibly.** When parking, avoid secluded areas. Try not to enter a car if you know or assume the driver is under the influence.
- ◆ When you go out, **always let someone know where you are.** If you are in an Uber, taxi system, etc. let someone know your destination and the estimated time arrival.
- ◆ **Do not give away personal information** over the phone or online to strangers or someone you don't know and



Safety Tips For Those Living Independently

- * Don't allow strangers into your building or apartment
- * View visitors through the peep-hole or other viewer options and when in doubt, don't answer the door
- * Never reveal to a visitor or telephone caller that you are alone
- * Ask repair or service personnel to show official identification
- * Always lock your door (s) to your apartment whether you are inside for a short period time, sleeping or going out
- * Don't leave exterior doors to your apartment building unlocked
- * Keep your windows covered at night and locked especially if on the ground/first floor level
- * If your building has an elevator, try to avoid entering it with a stranger. Stand in front of the button panel so you can push the emergency alarm if necessary
- * Don't use your first name on mailboxes, use your first initial
- * Try to avoid Laundry rooms and lounges when you are alone
- * Keep keys in your possession and do not put them under mats, over doors, or in other obvious hiding places
- * Try to get to know your neighbors and obtain their phone numbers in case of emergency
- * Have emergency contact numbers accessible in your phone for police, maintenance personnel, poison control and medical help
- * If you return home and you think it has been illegally entered, DO NOT enter

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Here are some tips we learned from our class at Primal Gym in Hamilton

1) Make sure someone knows where you are and when to expect you. This is true of many situations you may find yourself in, like hiking, traveling to or from work, or evacuating during an emergency. Keeping a close friend or emergency contact up-to-date on your location is as simple as a quick phone call or text message.

2) Walk confidently and Trust your instincts. Many predators are looking for someone they think they can overpower, much like a predator in the wild. Walk with purpose and direction, paying attention as you go so you avoid surprises. If you think someone might be following you or are unnerved by someone in close proximity, it's better to get to a busy area and contact someone you trust to pick you up.

3) Carry objects capable of making noise: cell phones, [whistles](#), horns, etc., anything that can alert people to your situation. The sound from an emergency whistle can travel farther and is louder than simply yelling for help.

5) Know the sensitive areas of your attacker and the way these areas can be exploited. The eyes, ears, throat, groin, knees and shins are all areas that hurt when hit. Do you have some ideas for summer life skills group classes?

Connect to Home and Cynthia Mendez at Arm and Arm are working to schedule a workshop in the following month on "Smart Renters" where you will be not educated not only in being a "Smart Renter" but you will also receive a certification at the end of the course. If you are interested please contact Rosario 609-218-5630.

Qualities of a Good Tenant

A good tenant is responsible, pays the rent and other bills on time, takes care of the day-to-day maintenance issues that are his or her responsibility i.e. keeping appliances clean, keeping the unit clean, not damaging property, and reporting all possible damages in a timely fashion. Also not leaving garbage or junk in hallways and keeping shared areas clean.

A good tenant is respectful of the landlord and other tenants and does not become a neighborhood nuisance by playing loud music in our out of the unit, doesn't have guest that don't respect your neighbors by playing loud music in their cars or honking horns outside of the unit at any time of day or night, and doesn't cause damages to the property inside or out of the unit **Remember Your Guests are Your Responsibility.**

A good tenant is honest and will report all changes with income, and be truthful in their ability or inability to pay their rent, for example stating things like the rent check was mailed attempting to stall for time or not knowing why the check bounced when there is insufficient funds being truthful in communication with your landlord is



My name is Guiherme Brewer and I am very happy to be the new Mentor Coordinator here at Anchor House. My first name can be a little hard to pronounce so please call me Gulu. I'm very excited to be here with Anchor House and as the Mentor Coordinator.. Often times mentors and mentees meet through a program and have a very structured partnership, but sometimes it just kind of happens and neither of you really expected it. These are referred to as structured and informal mentors and someone who was an informal mentor to me was one of my bosses, Gary. He has been running his restaurant for about 15 years and has been working in the industry his whole life.

I moved to Ewing, NJ in 2012 to complete my college degree at The College of New Jersey and got hired by Gary to deliver pizza for his restaurant. I thought I'd work there for a couple of years and then move on with my life. I thought that delivering pizza would be a fun and easy way to pay the bills, but I wouldn't really learn anything important or that mattered. I was really wrong about that and it's all because of my boss Gary. As with any job, there was a lot of things I needed to learn in order to deliver pizza and to do it well. I expected all of that, but it's the things that I didn't expect to learn from Gary that have been the most meaningful. He would be at the restaurant all day, six days a week, and could do every job in the restaurant. His work ethic is impeccable and that is certainly something that has rubbed off on me, but the most important thing he taught me is how to treat people with respect. He greets everyone that walks into the restaurant, chats with them, and over time gets to know the people that start to frequent the shop. He makes an effort to remember people's names because, not surprisingly, people like it when you call them by their names. These things may seem kind of obvious, but it's easy to forget the importance of being polite and treating people with respect. . So, whenever I'm feeling nervous about meeting new people (like right now with my new job at Anchor House!) I try to remember how Gary would treat anyone who walked into the store, and I try to act a little more like Gary.

Aging out of the system is something that our youth/young adults hear from professionals and it is often unknown exactly what this means and entails for their future. It can bring mixed emotions for those young adults/clients that are nearing age 21. It can provide both a sense of “true independence” along with the fear of the unknown and the concern of what supports and services will be accessible to them at this stage in their lives. As prepared as they may feel from the skills that they have gained through their caseworkers, service providers, staff at Anchor House along with other formal and informal supports this transition is a significant step for them which can be both exciting and sometimes overwhelming. Three of Anchor House’s Youth Advisory Council members have transitioned on from Anchorage and Anchor Line Apartment program this past month and moved into their own apartments in the Mercer county area. They have all expressed eagerness for this upcoming part of their journey along with appreciation for all that they have gained from their time at Anchor House programs and interactions with staff members. CP expressed that *“aging out and moving into my own space is a good feeling. I believe that being in my own space allows me additional independence and not having to worry as much about who I am living with and what challenges that may bring”*. NA stated that *“living on my own is something that I looked forward to for a long time and this is very exciting to have this chance to prove to myself and others that I can do it”*. EW voiced that *“it is a relief to have a place to live and not worry about things related to turning 21 years old”*. All three confidently agreed that despite moving out of formal Anchor House programs they will continue to feel supported by the agency and will utilize Anchor House after-care services as well as attend events on behalf of the agency.

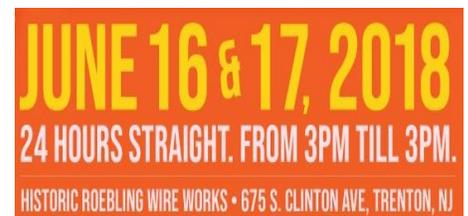
THE CAPITAL CITY FARMERS MARKET

Every Thursday, May 17 - October 25

11:00 am - 2:00 pm

Mill Hill Park

165 E Front St.



<http://www.artallnighttrenton.org/>

Summer Fun!

Connecting YOUth Newsletter



Group Calendar June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Cory Golis Scholarship Picnic 11 am Rosedale Park Pennington
3	4 Life skills Group @Outreach 4:30- 5:45 pm	5	6 Community Col- laboration w/Men for Hope 5 pm @ Greenwood	7 SafeRest Council meeting 5:30 pm @ Lifeties	8	9
10	11 Ignite Film series part 3- The Wrong Light 5 pm @ Shelter	12	13 Trenton Policy & Preven- tion Mtng. 3-5 pm @ Trenton Police station	14 Life Skills Group @Outreach 4:30-5:45 pm Flag Day	15	16
17 Fathers Day!	18 Life skills Group @Outreach 4:30- 5:45 pm	19 TASK Volunteer 3 pm	20 Community Collaboration w/ Men for Hope 5 pm @ Greenwood Ave	21 Graduation Party 5-8 pm @Anchorage 	22	23
24	25	26	27 YAC- 7 Habits Group 5 pm @Greenwood	28 Life skills Group @Outreach 4:30- 5:45 pm	29	30 Habitat for Humanity Volunteer event 9 am-3 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