

YWCA GIRLS INITIATIVES

A MONTHLY NEWSLETTER



WHAT'S NEW IN MAY

What's happening this month
at Girls Initiatives

What you can do to improve
your mental health

Resources for Families

MAY IS MENTAL HEALTH AWARENESS MONTH

Hello from the YW-NYC Girls Initiatives Team.

We hope you're remaining safe and well!!

"Choice is a divine teacher, for when we choose.. we learn that nothing is ever put in our path without a reason."

— Iyanla Vanzant

Since 1949, Mental Health America has acknowledged the observance of May as Mental Health Awareness Month. There is no time like the present to focus on reestablishing your norms and adapting to our new reality.

We hope this letter encourages you to choose to find the light in the midst of this darkness.

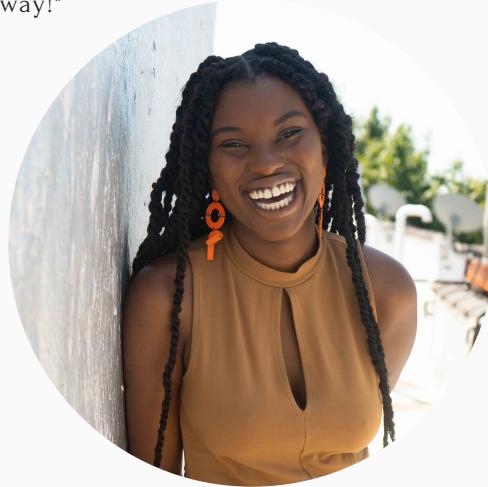


Meet Our Team



Vanne-Paige Padgett is a cultural anthropologist specializing in diversity and inclusion initiatives in New York City. Dedicated to the empowerment of the city's most underserved individuals, she has spent the last decade creating unique platforms to develop vital racial and gender equity projects. As Director of Girls Initiatives at the YW-NYC, Vanne-Paige is a champion for social justice, equipping thousands of girls and nonbinary youth with essential skills to step in their spotlights as fierce leaders!

"In countless sessions, over the course of months and years, we have built a strong community of activists with the wisdom and fortitude to make the world a better place. During this season of pause, be firm in the confidence you have in yourself to self-care, try new things, create - And relax! Embrace the human moments, love family and friends harder, and know that your YW family is a click or call away!"



Shavonne Marshall-Wells is a Program Coordinator for the Girls Initiatives program at the YW-NYC. Shavonne studied International Trade and Marketing with a minor in Film/Media at the Fashion Institute of Technology. She has worked actively in youth advocacy and education for ten years. Shavonne is a social curator, Founder of MLNNNYC,LLC and a certified Life Coach at Sankofa Mastery Coaching.

"Often in times of complete chaos we find ourselves drifting in the wind. But all that's meant to shake you, is also used to rebuild you. Be patient with yourself and those around you as we navigate this plane."

**"IF YOU
WANT TO FLY,
GIVE UP
EVERYTHING
THAT
WEIGHS YOU
DOWN"**

JESSICA CLEMONS, MD



Farhin Shariff is the Program Specialist for the Girls Initiatives at the YW-NYC. With a background in criminal justice and mental health counseling, she actively works to enrich the youth with resources that will inspire their inner activist. Farhin is also the cofounder and COO of ICWY, a nonprofit that aims to promote civic engagement with city youth.

"While you're busy taking care of others, remember to take care of yourself! We often lose sight of what brings us joy when we're overwhelmed, but a bird with broken wings can't help others fly. Make time to laugh, sing, and lose yourself dance so you can continue being the best version of you. We're all healing together."

Resources for your family

Self Care:

Are you or your child battling depression or stress here are some ways to relax, and release...

Tiyanna Washington of Tspeaksnyc,LLC. The Virtual Taking Care of Teens Workshop Series. Workshop will give teen girls and their parents an intimate and personalized experience.

Email tspeaksnyc@gmail.com for more info.

Download

"Eternal Sunshine" & "I AM" App for daily affirmations.

Emergency Hotlines/Textlines:

- Crisis Text Line : text the word "HOME" to 741741
- Depression Hotline:1-630-482-9696
- Suicide Hotline:1-800-784-8433
- LifeLine:1-800-273-8255
- Trevor Project (LGBTQ Help Line):1-866-488-7386
- Sexuality Support: 1-800-246-7743
- Eating Disorders Hotline: 1-847-831-3438
- Rape and Sexual Assault: 1-800-656-4673
- Grief Support: 1-650-321-5272
- Runaway:1-800-843-5200, 1-800-843-5678, 1-800-621-4000
- Exhale (After Abortion Hotline/Pro-Voice): 1-866-4EXHALE





May

Program Updates

May is the final month of programs!

Step In & Stop It: 5/19

AMP Leadership: 5/20

Geek Girls: 5/21

All current 11th graders are eligible to be nominated by the YW-NYC to be considered for a Posse Scholarship. **For more info, contact Paige**

**(vpadgett@ywcanyc.org) - ONLY
TWO SLOTS LEFT**

Geek Girls Parents: Have You Joined the Shark Tank Challenge!

Last week so many Geek Girls participants presented their amazing ideas for innovative apps and we want everyone to hold on to that genius by taking the Shark Tank challenge!

Participants can follow the steps below to participate:

Imagine you have \$1000 to launch your app! Choose your favorite or best slide for a visual (you can make a special version for this project too) You can show this image in your recording or provide a voiceover Get fancy with it! Dress up, add props, posters, and more to pitch your idea in 30 seconds! Be sure to answer the following during your taping: What's the name of your app? Who is it designed for and how does it work? How can \$1000 help you launch your app?

Record & Send your videos via email, remind app, or text to 718.514.3257

Stipends: Upon completion of programs at the end of May, stipends will be mailed to the address provided on your child's enrollment forms and/or W9 form. If you need to edit your mailing address, **please email vpadgett@ywcanyc.org**. As a reminder, stipends take approximately 3 weeks to process and additional time is required for mail to reach your homes. Once stipends have been mailed, we will send emails and texts to let you know.

Digital Certificates of Completion will be available on the final day of each program. We will send them via email. Physical certificates are available and can be sent via mail upon request.

Coming Soon (Dates TBA):

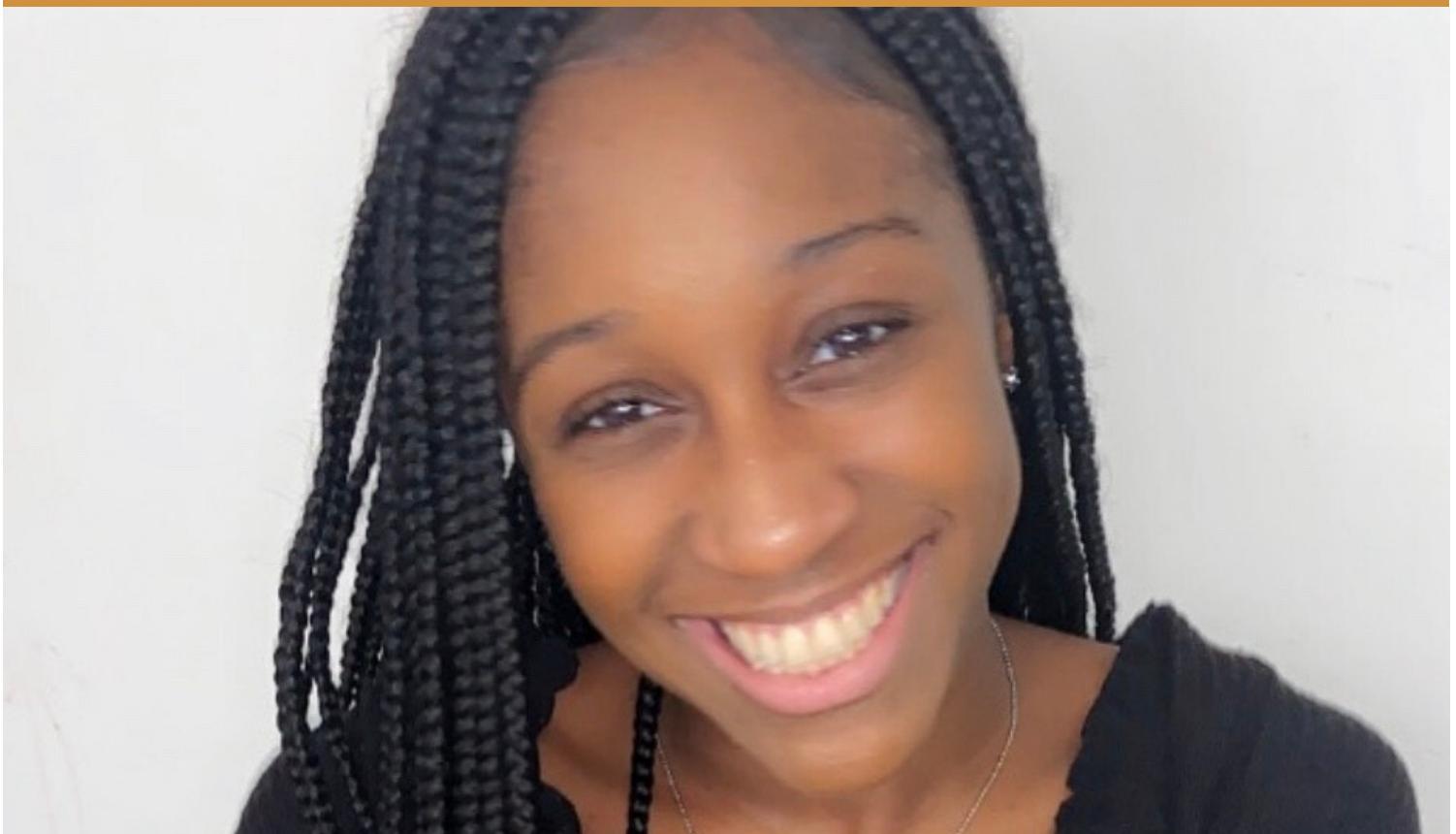
Summer Program Applications (May)

Interviews (June)

Summer Program (July)

Fall Programs RSVP Form (June)

Fall Open House (August & September)



CHALLENGE ACCEPTED

BY IMANI WASHINGTON

Keep on going ...
Is the three words we all need to hear healthcare
workers
supermarket workers
teachers, parents, children and more
This is a tough time for everyone
We're trying to make the best of it Tic Tok has
brought many of us humor
But in all reality we're scared ...
Scared for what's to come or what won't
come And this is why we must keep on going
We reached a bend in the bridge
But that won't stop us
Just like the #dontrushchallenge

We accept it ...
It's a challenge we will overcome
A challenge we will face
With social distancing , six ft to be exact
But most importantly
We can't rush it
So keep washing your hands and wearing your
mask
Cause in a few weeks ,Future "mask off" will hit
differently
So for now keep on going , cause we're gonna be
alright.

Who is Imani?

Imani Washington is a participant in Step In and Stop It program at Girls Initiatives. A 17 year old girl who will be going into her senior year in fall of 2020 at Notre Dame High School in Manhattan. Imani love to listen to Jhene Aiko on her free time.



Upcoming Events

eliminating racism
empowering women
ywca
New York City

SPARK THE SISTERHOOD SEMINAR SERIES

Covid-19 is no excuse for abuse!

Join us for FREE Bystander
Intervention webinars starting
Saturday MAY 2nd, 2020.



RSVP:
[**bit.ly/Sisterhood_Series**](http://bit.ly/Sisterhood_Series)

Covid 19 is NO excuse for abuse! In anticipation for the relaunch of our annual Power to Potential Girls Symposium the YW-NYC will be hosting the Spark the Sisterhood Seminar Series! From May-June join us for virtual sessions that connect intersectional feminism and social justice frameworks to critically examine bystander intervention. Learn effective ways to identify harmful behaviors and challenge bias-motivated harassment and assault this Spring!

Space is limited - RSVP [here](#)

Sessions are co-led by participants of the Step In & Stop It: Bystander Intervention Training Program