

JULY'S



## YOUTH OPPORTUNITY CENTER

VOLUME 1, ISSUE 5



I hope everyone is having a wonderful and fun time so far this summer! There's nothing better than to enjoy every moment of our lives whether is, Summer, Fall, Winter or Spring with family and friends of all sort; it's the best news ever that one can have to share. However, the fun doesn't stop with our loved ones, right? It goes beyond that; here at the youth opportunity center several of our staff members has had the privilege of attending a powerful event that was led by inspiring women empowering women. Therefore, aside from all that summertime fun, women mean real business, too! The event took place this past month on June 12<sup>th</sup> in Worcester Massachusetts. Enjoy the pictures, and read below what one of our very own YFF has to say about her experience. ~ Evy



### At the Worcester Women Leadership Conference

From Left we have Zoe Geller and Aloni Cosey, Zoraida Lopez in the middle and Socheata Mam and Antonia Bryant on the right. Other ladies not pictured who had attended: Camila Garcia, and Nyla Ojeda Thank you, for your part in this event bringing your experience and applying what you have learn to better serve in your role as case managers here at the youth opportunity center.





This is the Ribbon Station where the women had the opportunity to choose their sparkle of expression.



I love this picture! it speaks so much of what we deserve to feel and share. Embrace your ribbon women. ~Evy 😊

### **A MESSAGE FROM OUR LEAD YOUTH FAMILY FOUNDATION CASE MANAGER**

I had a great experience being part of this opportunity and being surrounded by so many inspiring and successful women. I learned a lot from both workshops I attended. The first workshop, **"Empowered Negotiation: Strategies for Advocating for Yourself and Your Team,"** was led by Christina Graziano. She shared essential skills for negotiating effectively on behalf of yourself and your team. Christina discussed key strategies for confidently navigating salary discussions, resource requests, and other important conversations—all with a focus on mutual success.

The second workshop, **"The Truth About Work-Life Balance,"** was presented by Maria Milagros. She spoke about how to create and maintain a sense of balance, so we can continue doing the work we love while also preserving joy in our lives. Both speakers were outstanding and offered a wealth of knowledge and practical strategies. It was truly an enriching and empowering experience.

~ Zoraida Lopez

# YOUTH SERVICES UPDATE

KNOW SOMEONE THAT COULD BENEFIT FROM THESE RESOURCES? CLICK ON THE FLYER LINKS BELOW

[Flyer - ATTENTION Housing Opportunity Available](#)

<https://nn4youth.org/programs/vital-document-legal-hotline-for-youth/>

There's always something fun to do at Youth Opportunity Center

## BOUNTIFUL HARVEST!

TUESDAY JULY 22<sup>ND</sup>, OUTDOOR ENTURE (YAB)



Picture by Zoe Geller, YFF Housing Case Manager

Yabbers enjoyed the warm beautiful day at the Franklin Court Community Garden where they had planted vegetables seeds. So far, they have planted:

- Tomatoes
- Sunflowers
- Hot Peppers
- Onions

## YAB'S SCHEDULE

**MONDAY: 1:00pm**

**FAMILY COMMITTEE**

Dedicated to creating strong supportive relationships in the community between youth and their families. Ex. Ideas, Collaboration and sharing resources. Youth meet in the Mill You

**TUESDAY: 2:00pm**

**OUTDOOR ADVENTURE**

Explore and connect with nature and outdoor activities within the community. Ex. Hiking trips, team building exercise or other outdoor adventures.

Youth either meet in the 2<sup>nd</sup> floor conference or at an outdoor location

**WEDNESDAY: 2:30pm**

**SELF-CARE COMMITTEE**

Promoting the well-being and mental health of youth through various self-care activities and educational initiatives. Ex. Workshops, wellness days, etc.

Youth meet in the Mill You

**THURSDAY: 2:30pm**

**PROGRAM DEVELOPMENT**

Focusing on identifying and securing funding opportunities to support youth services. Advancing the mission of youth services. Can Include but not limited to incorporating feedback. Refine the program. Advocate for effective policies etc.

Youth meet in the 2<sup>nd</sup> floor Conference Room

**FRIDAY: 2:30pm**

**CREATIVE COMMITTEE**

Inspiring artistic talents such as art, writing, music, performance, fashion etc. Providing a platform for youth to explore their passion and skills as well as connecting with each other to express ideas and creative opportunities.

Youth meet in the Mill You

Check out the actual flyer with detailed illustration

[SCHEDULE-Yab Sub Committees.pdf.pdf](#)



HAPPY 4<sup>TH</sup>



July brings excitement and fun, it's a great opportunity to enjoy summertime fun with family and friends. I sure hope you enjoyed this part of Summer. It's obvious that many of us know much about the history of the 4<sup>th</sup> of July and to hear a more informative way and learn about its history; it's definitely a blast. Follow the link below for some fun facts about the 4<sup>th</sup> of July history.

<https://www.bing.com/videos/riverview/relatedvideo?q=fun+facts+about+4th+of+july+history&mid=6FEFC378A247895385AC6FEFC378A247895385AC&FORM=VIRE>

### FEELING BLUE

As part of the Celebrating Disability Pride Month, this week of (July 23<sup>rd</sup>) the color is **BLUE** to represent emotional and psychiatric disabilities.

**Have a wonderful Summer everyone 😊 Youth Services**



Click Below to Follow Us on Social Media!



[www.commteam.org](http://www.commteam.org)

[Youth Services Connection Request](#)