

# ALUMNI VOICES

## Lift Up Your Voice & Sing, Move Over Winter, It's Time For Spring!

March Issue | 2022



"Spring: a lovely reminder of how beautiful change can truly be." - Anonymous

## UPCOMING EVENTS

### YAB Peer Mentoring Program

Are you interested in providing guidance for youth in care or previously in care?

We welcome you to join our YAB Peer Mentoring Program!

We offer training on the knowledge and skills to successfully guide other youth who are transitioning into adulthood.

Support the upcoming generation and become a Peer Mentor!

Apply Here:  
[www.tfaforms.com/4780293](http://www.tfaforms.com/4780293)

### Alumni Voices

Finding a job after the height of the COVID-19 pandemic can be so challenging!

Lets get together to discuss tips and tricks for navigating the workforce and ways that you can get financial assistance!

Join us on Wednesday,  
March 16, from 5-6pm

Zoom ID: 5393629531  
No Password Needed!!!

### 2022 Youth Advisory Board

Let's give a round of applause to our wonderful 2022 YAB Leadership Team!

President: Sofia P.

Vice President: Shoshana P.

Secretary: Deborah K.

Social Media Specialist:  
Rokeya S.

Treasurer: Francheska S.

### First Republic Bank

Want to learn more about how to improve your finances? Want to understand how to choose the best bank for your needs?

Join us for a BANKING BASICS with First Republic Bank!

Meet with financial coaches and learn how to strengthen your financial decisions!

Wednesday, March 2nd  
5-6:30 pm

Zoom ID: 983 9047 0317  
Password: 512883

# ADVICE COLUMN

Healing journeys are complicated. They require a lot of soul searching and introspection. Here is my advice on ways to grow in your healing/spiritual journey:

## Identify negative thought patterns -

Sometimes, we talk down to ourselves subconsciously. But identifying negative thoughts as they come up can reframe our thinking into more positive ways. For example, if you make a mistake, & your automatic thought is, "I'm so stupid," where are those thoughts coming from? Has anyone in the past made you feel stupid for making a mistake? Do you feel like if you're not perfect, people aren't going to like you? The more conscious we are of our thought patterns, the more power we have to change them.

## Find ways to reframe those thoughts -

In the above example, instead of feeling stupid for making a mistake, you can think to yourself, "I'm human, everyone makes mistakes," or, "My worth doesn't diminish if I'm less than perfect." It won't happen overnight, but reframing the way we think will impact our emotions and reactions.

## Identify your triggers -

We may react to things in harmful ways because an inner wound was triggered. For example, you may be upset because someone didn't respond to your message. On the surface, you believe the person was disrespectful. In reality, you may have an anxious attachment style. So the other person not responding to your message caused you to feel like that person didn't care about you, triggering your anxiety and causing you to explode. It's not always easy to identify triggers, especially if they're rooted in past trauma, so you may need a professional to help. This brings me to my last tip.

## Get into therapy -

There is much stigma around mental health and therapy. But therapy is such a helpful tool that I feel like everyone should utilize. A licensed therapist is trained to help us deal with stressful events, work through past traumas, and help us navigate our thoughts and emotions. Give it a try. You may not like the first therapist you get, but don't give up. The mental clarity you gain will be instrumental in your healing journey.

Much Love! - Rayven

# RESOURCE CENTER

Welcome to the Resource Center!!

Are you currently looking for a job or a certification in a specific field? NYC has just opened up a new website that is constantly updated with relevant and current certifications and job postings!

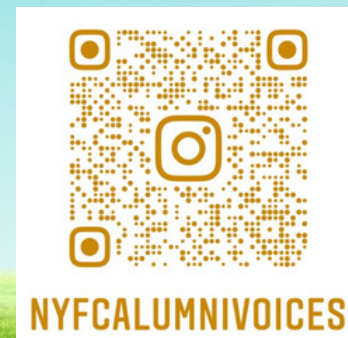
Some courses and job openings on website that are actively recruiting are:

- Prep classes for the High School Equivalency Exam
- Education and jobs for out of work youth
- Training for jobs in healthcare or tech
- Cable installation training and so much more!

Website:

<https://working.nyc.gov/programs/>

Follow us on IG!



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Have any feedback for the Alumni Voices Newsletter or NYFC?  
[NYFCALumniVoices@NewYorkersForChildren.org](mailto:NYFCALumniVoices@NewYorkersForChildren.org)