

ALUMNI VOICES

**Spread Some Peace, Love, & Cheer,
Make Way For The New Year!**

January Issue | 2022



In our perfect ways. In the ways we are beautiful. In the ways we are human. We are here.
Happy New Year's. Let's make it ours. - Beyoncé

UPCOMING EVENTS

YAB Peer Mentoring
"Money Talks"
January 12th @ 2pm-3pm

Alumni Voices
"Let's Be Real About Parenting"
January 19th @ 5pm-6pm

Youth Advisory Board
"Votes Are In!"
January 27th @ 5pm-6pm

Do you ever refuse to check your account balance after making a big purchase? Or maybe you promise yourself "This time, I'll save it for real!" only to find your savings account dry by the end of the month? You're not alone.

Many people struggle with budgeting and managing money.

But it's a skill that you must possess to have success. Join us on 1/12/22 to learn how to save, budget, and manage your expenses. After all, money talks and... Well, you know the rest.

Meeting ID: 539 362 9531

Last year we had two workshops on "Positive Parenting" aimed at teaching parents/guardians a new way of parenting that relies on communication and mutual respect. For those of you who made the decision to give Positive Parenting a try, we want to hear from you. Do you like this parenting style? What are the pros and cons you're experiencing? Are there any challenges? Join us on 1/19/22 to voice your opinions.

Meeting ID: 539 362 9531

Well, well, well... The time is finally here. The candidates have campaigned. Now we need you to vote!

Join us on 1/27/22 to cast your final votes for who you would like to see in office this year for our YAB Leadership Team!

Meeting ID: 539 362 9531

WHAT TO DO WHEN IT'S NEW YEAR, NEW YOU BY RAYVEN JAE

When making a resolution, be sure to:

Be Realistic: Your goal may be to lose weight in the New Year. To say “my New Year’s resolution is to lose 50 pounds in a month” is incredibly unrealistic. Unrealistic goals discourage us because when we inevitably cannot reach them, we find fault within ourselves rather than find the problem with the plan itself. However, if your goal is to lose 50 lbs by next year, that is much more doable. And if you lose more, even better. But your initial goal needs to be realistic.

Set Smaller Benchmarks: So, you decide to lose 50 lbs in a year. It is a realistic goal, but how will you ensure you get there? When our goals are too broad, if we don’t set smaller benchmarks along the way, we won’t have a way to measure our progress and hold ourselves accountable. If you make your smaller benchmark to lose five pounds a month, you now have smaller benchmarks to get you to your overall goal, and you have a way to measure your progress.

Finally, Set Your Intention: New Year’s resolutions rarely stick. Make sure your intentions for them are strictly about YOU. If you’re only losing weight because your cousin called you fat, or you’re only quitting cigarettes so your mother-in-law stops harassing you, you will give up. When you are intrinsically motivated to do something, meaning you’re doing it because YOU want to, you are more likely to achieve your goal than if you were motivated by something outside of yourself.

Have an amazing 2022!

FUN FACT:



45% of Americans make New Year’s resolutions.

The top resolutions are: to lose weight, get organized, spend less and save more, stay fit and healthy, and quit smoking. While nearly half of all Americans make resolutions, 25% of them give up on their resolutions by the second week of January.

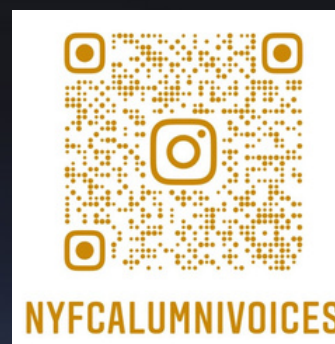
WRITING PROMPT:

February is Black History Month. From big names like Michelle Obama to your very own college Professor, Black and Indigenous People Of Color (BIPOC) have inspired us for centuries. Name a BIPOC who has inspired you and why.

Please email your submissions (no more than 250 words) to:

NYFCAlumniVoices@NewYorkersForChildren.org
for a chance to be featured on our next Newsletter!!

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