

ALUMNI VOICES

Love is in the Air!

February Issue | 2022



In order to love who you are, you cannot hate the experiences that shaped you.
- Andrea Dykstra

UPCOMING EVENTS

**February
EVENTS**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Deeper Than Love Series:

- Self Love: The **BEST** Love | Feb. 2 | 5p-6p
- Love: The **REAL** Deal | Feb 9 | 5p-6p
- "What's Love Got to Do With It" | Feb 16 | 5p-6p
- (E.L.) Emotional Intelligence | Feb 23 | 5p-6p

THIS MONTH'S EVENTS!!

Self-Love—The Best Love: Feb. 2, 2022 (5-6pm)

Learn about why it is so important to love yourself. Join us to talk about effective techniques and ways that you can love yourself more each day!

Love—The REAL Deal: Feb 9, 2022 (5-6pm)

What does love look like? What should it feel like? Let's talk about the realities of love and not the way society describes it.

What's Love Got to Do With It?: Feb 16 (5-6pm)

Tired of dealing with toxic relationships? Want to learn how to create healthy relationships with others? Let's discuss healthy love vs. toxic love and how you can protect your mind and spirit!

(EI) Emotional Intelligence: Feb 23, 2022 (5-6pm)

Want to know how emotional intelligence benefits your relationships? Whether it's with your partner, friend or family, it's important to regulate your emotions and build a healthy relationship. Join us to discuss techniques that can help with your EI!

All Events will have the same ZOOM ID and Password!! We welcome all Alumni to join in on the fun!!

ZOOM ID: 845 6116 6367

PASSWORD: 766738

ADVICE



For those of us who are currently in relationships, always remember to keep expectation realistic between you and your partner. No one can be everything you might want them to be. Healthy relationships revolve around accepting the person as they are, and not expecting them to change for you. Accept people for their authenticity.

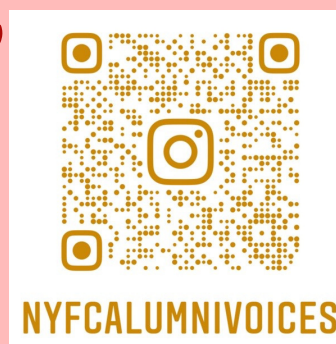
RESOURCES

Need Rental Assistance?

ACS has Section 8 Emergency Housing Vouchers (EHVs) available for youth 18-24 years old who are currently in or recently exited foster care. Please contact ACS using the information below for more info:

ACS Housing Academy Collaborative Team at 212.676.6779 or 646.770.4979, or housing@acs.nyc.gov.

Follow us on IG!



Have any feedback for the Alumni Voices Newsletter or NYFC?
NYFCALumniVoices@NewYorkersForChildren.org