

ALUMNI VOICES

STRONGER
TOGETHER

Love is NEVER wrong!
Happy Pride Month

June Issue | 2022



"It takes courage to stand up for who you are. Flaunt your true identity and feel proud of it." – Bold Sky

UPCOMING EVENTS

End-of-Year Celebration

Let's give a big shout-out to our graduating class of 2022!! We are so proud of all of your hard work, dedication and perseverance in achieving your degree. We are honored to have been a part of your journey!

And to our Nick's Scholars, YAB Leadership team and Peer Mentors: we want to celebrate you too! Your motivation and accomplishments thus far have been impeccable!

On June 8th, from 5:30-8pm, we will be hosting an in-person End-of-Year Celebration! We are so delighted to be able to congratulate you all for an amazing year! If you have received an RSVP email, respond ASAP and we will see you soon!

ADVICE COLUMN

As human beings, it's natural to want to feel wanted, loved and appreciated. For each of us, this want may look different. It may be the want to be accepted by others, or the want to receive love from a partner, or the attention from friends. No matter what your want is, the only true way to feel wanted, loved and appreciated is from YOU. Finding inner peace and acceptance is more powerful than seeking it from others, or even acquiring it from others. You need to accept and appreciate all of your flaws, your embarrassing moments and even your vulnerable ones. Why? Simple! Because your flaws are a part of who you are. They make you--YOU! Who says flaws are bad anyway? They make you unique and different from others. So never be afraid of them and always stay true to your beliefs, to your values, and to who you are. No one is perfect, no matter how they may seem; everyone has flaws, so why not appreciate them?

All of that is to say, love and acceptance come from within. The bravest thing that you can do is be yourself. In celebration of Pride this month, be proud of who you are. Accept every part of yourself. Whether it's those you love, your identity, your silliness, your passions or your failures. Each of those things will allow you to become a higher version of yourself. Never let others' perception of you identify who you are or who you want to be. For this month, I challenge you to write seven things that you love about yourself. It can be anything!! Like the way your hair curls in water, the texture of your skin, or how funny you are. Then put that paper somewhere you can see it all the time, like on your room mirror or a door. Read it every time you pass by it. You will start to feel love for yourself because you have those qualities. Let's take PRIDE in who we love, how we identify ourselves, and who we are as human beings!

I'll end this with one of my favorite quotes by Brene Brown: "True belonging doesn't mean changing who you are; it requires us to be who we truly are." On behalf of NYFC, Happy Pride month to everyone!

LIVE WITH
pride

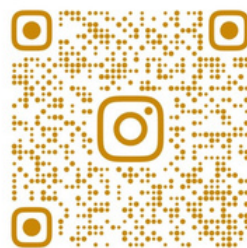
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NYC Unity Project



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