

HEADLINES & HEARTS

Bravehearts M.O.V.E New York

August 2017

Friday Night Spotlight

Be in the know and get the scoop about what's going on every Friday night at Bravehearts and special upcoming events! Come stop by one of our motivational meetings to gain information, take on new opportunities, have your voice heard and most importantly, become part of a family!

- ◆ August 4th , Current Events (SOC)
- ◆ August 11th, Passion, Purpose & Goals (SOL)
- ◆ August 18th, Yoga w/ Elisha (SOC)
- ◆ August 25th, Girls/Guys Group (SOL)

*SOC– Social nights which are geared towards all levels of youth involvement

*SOL– Solution nights which are geared towards youth advocacy and mature



Birthday Roll Call

Wishing a very happy birthday to our July babies:

Victoria

Jaymie



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Bravehearts comes to Rockland County!

Bravehearts in Rockland

The Bravehearts received their first contract outside of Westchester County! Rockland County Department of Social Services has expressed an interest in developing a Bravehearts movement in within their County. The Bravehearts will be working with Rockland to develop, strengthen, connect and engage their youth voice. Braveheart leadership will be working in partnership with Rockland to help unify the causes and voices of youth across the vast area of Rockland to better connect youth and empower them to impact positive change in their communities and most importantly, within themselves. The technical assistance provided by Bravehearts will help to establish Rockland County’s own youth movement by developing on the leadership within the youth in their local communities while also providing authentic youth involvement to the Wraparound process through their SAMHSA grant.

Partnerships M.O.V.E.

The importance of partnerships can never be underestimated. In last month’s newsletter, we highlighted our partnership with the Junior League of Bronxville for BraveBags. In continuing to strengthen our partnership, these generous women have offered to help furnish our administrative office, The BraveSpace at 45 Ludlow Street They are working tirelessly to get needed items for the office space such as storage shelves, lights to hang up, a mini-fridge, and curtains just to name a few. The generosity of these donations will help to make our administrative office be the youth-friendly space we envision to support the youth in our communities. Many have heard the saying that it takes a village to raise a child. In that case, it takes a community to support and nurture grassroots' businesses and non-profits like ours. We can’t wait to see how our continued partnership moves forward!

Open Mic Night

Two of our board members, Phylisha and Vida graciously hosted an Open Mic Night in July at an exciting up and coming restaurant, Barcelona Bites, in the boogie down Bronx. Braveheart members were able to showcase their many talents including spoken word, poetry, and singing! A good time was had by all. There will be two more summer series Open Mic Nights on Wednesday August 9th and Wednesday August 23rd from 6pm-11pm. Please come out and join us!

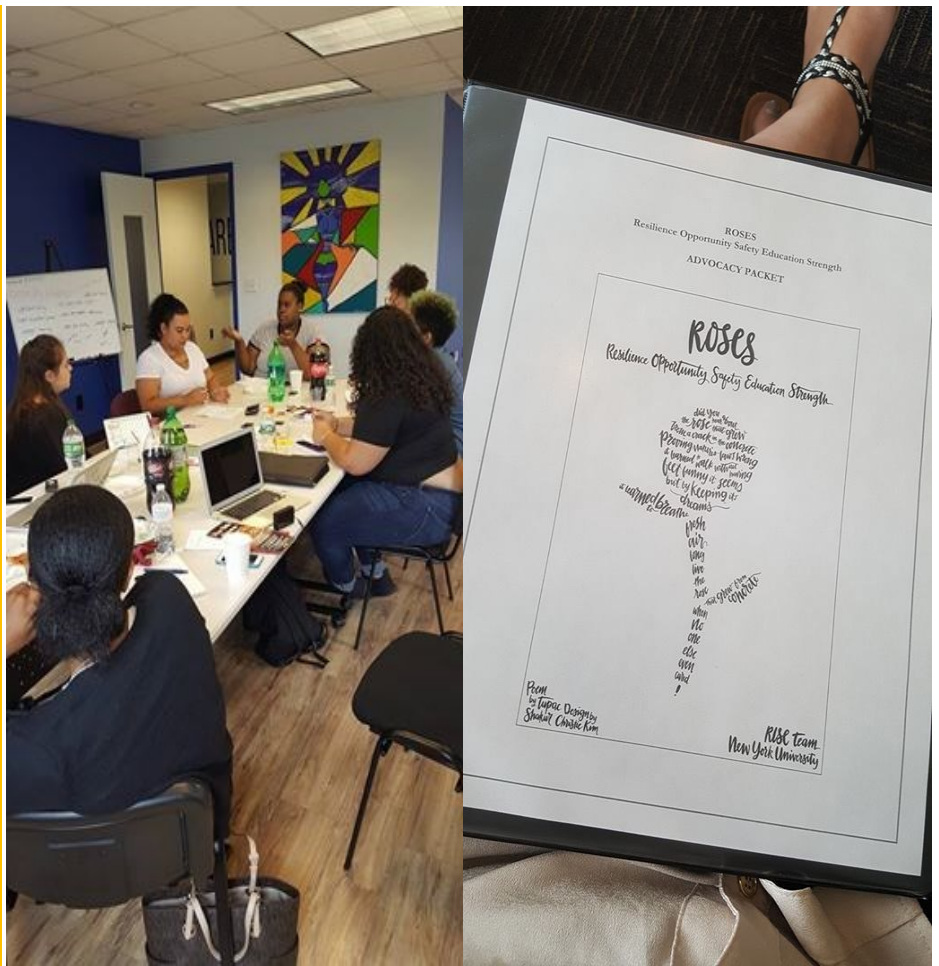


Open Mic Night at Barcelona Bites.

BraveBlog: The Difference Between Surviving and Thriving

An editorial from a Braveheart

What is the difference between surviving and thriving? Many people would argue that you have to look at the outcomes in an individual's life to see whether they are surviving or thriving. They look at the preset measures of a person's status such as work, wealth, possessions, and material things. What if surviving and thriving are the same thing, however? Maybe the only difference between surviving or thriving is perspective. Famed Rapper DMX puts it this way: "See, to live is to suffer but to survive that's to find meaning in the suffering." Everyone deals with hardships but maybe surviving is a human condition whether it be financially surviving, emotionally surviving, spiritually surviving, or physically surviving. Therefore, how do we measure the thin line between surviving and thriving? Does the essence of survival in one area of someone's life mean that someone is thriving in the other areas of their life? I don't have the answers but I do know one thing: Without the dark, we cannot appreciate the light. Without the negativity, we could not embrace the positivity. Without the rain, we could not enjoy the warm rays of the sun. There is no good without the bad, so maybe there is no thriving without surviving. This doesn't mean we don't have to aim for better for our lives whatever that means to you. This just means that the better is within us and just needs to be dusted off so we can let it shine brighter than we could ever imagine!



ROSEbud mentors at the ROSES training

ROSEbuds In Bloom!

The Bravehearts, in working partnership with Children's Village, received a contract with the Westchester Family Courts Girl's Justice Initiative in partnership with Department of Criminal Justice Services, NYU and the White Plains Youth Bureau to provide gender specific and trauma informed mentorship to young girls touched by the juvenile justice system through an established program called ROSES (Resilience, Opportunity, Safety, Education, Strengths). This program pairs advocates with these young ladies to assist them in developing their goals, support in the development of skills, and act as a mentor to walk with them through the juvenile justice system with the outcome of preventing recidivism. There is a two week intensive training provided through New York University for the mentors, as well as weekly group and individual supervision. ROSEbuds hopes to positively impact the lives of these young ladies and therefore decrease the amount of young women involved in the juvenile justice system. Remember, a rose can grow from a crack in the concrete!

Braveheart of the Month!

Every month we celebrate and honor one Braveheart who has shown compassion, dedication and resiliency in spite of an abundance of adversity. This month, please join us in honoring Jovan as our Braveheart of the month for July 2017! Jovan is a humble young man that has overcome many of the obstacles that the streets of Yonkers can throw at young person. Jovan has been a member of the Braveheart's for approximately two years. Jovan is a dedicated advocate for youth and often joins Bravehearts during advocacy events with partners such as the Children's Aid Society and the NYS Judicial Commission to speak his truth and help motivate others with his story. He recently left Westchester to attend Job Corp to study to become an electrician. We congratulate Jovan and wish him much success!

Q & A With Jovan

Q: What does Bravehearts mean to you and why do you come?

A: "A person who is strong enough to be their selves in the midst of chaos. I come to Bravehearts to learn and help make the world a better place for future generations."

Q: If you could go back in time and tell your younger self some survival tips, what would they be?

A: "I would tell myself to be patient and never quit because worrying and moving fast could mess up your future and to stay in school."

