

ISSUE: 2

**TURN IT  
AROUND**

**TURN IT AROUND**  
**YOUTH GROUP**  
**FEBRUARY NEWSLETTER**



## This Month in Turn It Around:

Each month, Turn It Around, has an overall theme for our weekly meetings. For the month of February, we will be discussing realistic relationships, sexual health, and what it means to take care of yourself both physically and emotionally.

Tv shows, movies, and even music shape our perspective of relationships, sometimes unknowingly. With Valentine's Day being right around the corner, people will be bombarded with love songs, romantic movies, and the such. However, many of these will be dramatized for entertainment purposes and leave us wondering and comparing our own relationships. Our goal is to provide the youth with tools to identify whether or not what they hear on the radio or see on tv is, in fact, a true representation of an ideal relationship and to give them the skills to form lasting and meaningful relationships in their own lives.

## Upcoming Events:

Turn It Around has just recently submitted an application for the Love Your Block Grant. This grant will allow us to revitalize a neighborhood park to create a "peace park" dedicated to loved ones loss to community violence, substance use, and for whatever other reason they may no longer be with us. Winners will be announced February 8th.

## In The News:

In case you missed it in the town's newspaper the Charlestown Patriot-Bridge, the Charlestown Coalition posted a helpful resource list for Charlestown residents that we've included with this Newsletter. Also, The Community Resource Center will be holding a free seminar on Financial Literacy February 13th from 6:00-7:30pm for Charlestown & BHA Residents at 55 Bunker Hill St. Charlestown, MA. Please call 617-286-7930 for more information.

## Calendar Sale:

At the end of January, we will announce our two calendar sale winners. Winners will be selected based on the most calendars sold and the most money raised for Turn It Around. The prize is a gourmet dinner at the winner's chosen restaurant.



## Ways to get Involved:

Want to join in on the fun during one of our meetings or events? We'd love to have you! There are many opportunities for parents and guardians to get involved in Turn It Around. Whether you help cook, serve, clean or participate in the activities, all are invited and welcome. Please reach out to Ginaya for more information.

ISSUE: 2

**TURN IT  
AROUND**

**TURN IT AROUND  
YOUTH GROUP  
FEBRUARY NEWSLETTER**



### Last Month in January:

During the month of January, Turn It Around was focused on personal goal setting and developing healthy habits. We had a guest speaker who is currently majoring in nutrition come to one of our Thursday night meetings and discuss the effects of processed sugar, foods that help reduce stress, and being mindful when eating, not just eating out of boredom or stress.

We also had the youth fill out a Goal Inventory Worksheet that helped them determine what accomplishments they hope to achieve in 2018. Many of the youth want to focus more on their schoolwork or finding a job, so we are having one-on-one meetings with the kids to help ensure that they are staying on task and making the most use of their time.

Turn It Around is also in need of a youth council and after much deliberation, it has been decided that this year we will elect a Turn It Around President, Vice President, Secretary, Communication Officer, Event Coordinator, and 5 Committee Members. If you feel your child has the leadership skills and time to be a part of this initiative, please encourage them to run for office and participate in this awesome opportunity to help shape our group's mission.

### Prefer Email?

To receive our Family & Friends Newsletter email instead of a paper copy, please contact Ginaya Greene Murray at [Ggreene-Murray@Partners.org](mailto:Ggreene-Murray@Partners.org) or call her directly at 617-726-6684

### January's Youth of the Month:

Kaltuma Mohamed has been chosen as our January Turn It Around Youth of the Month. "Kaltuma is a wonderful young woman who helps out whenever she can. She is intelligent, kind, and a powerful example among her peers".



*-Ginaya Greene Murray  
(Prevention Program  
Coordinator)*

### Have Questions?

If you need assistance with your youth regarding school, job placement, risky behaviors, or anything else, please contact the Charlestown Coalition. We will be happy to help with any questions regarding you and your child.

### Find us online:

Visit us online: [www.CharlestownCoalition.org](http://www.CharlestownCoalition.org)

Follow us:

[facebook.com/TurnItAroundCharlestown](https://www.facebook.com/TurnItAroundCharlestown)

[twitter.com/TurnItAroundCtn](https://twitter.com/TurnItAroundCtn)

[instagram.com/TurnItAroundCtn](https://www.instagram.com/TurnItAroundCtn)