

You Got This Center

Newsletter

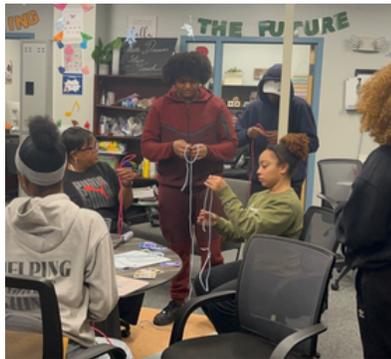


Starting the New Year Strong!



MAIN EVENT: NEW YEAR'S BASH

At the end of January, our YGTC hosted a *New Year's Bash* filled with fun and connection. The event included games such as bingo and Jeopardy, along with a staff potluck where everyone brought wonderful homemade dishes to share. There were also prizes and giveaways featuring thoughtful items to help keep us warm during the winter.



ICYMI (IN CASE YOU MISSED IT)

This month, one of our young adults hosted his very first workshop, and it was a big success! Mohammed drew on his vast reservoir of Boy Scout knowledge to guide participants through several fascinating and practical knots. His hands-on teaching style made the workshop both engaging and useful, leaving everyone with new skills they can carry with them beyond the session.



YGTC BOOKCLUB!

Are you a young adult between 16-26yrs? Are you a young adult who's interested in reading? You should join the YGTC Book Club! By scanning the QR code, you can let us know which books you're interested in reading.



CREATIVE CORNER

This month's Creative Corner goes to everyone who participated in January's Origami workshop.

The Origami-making workshop was facilitated by one of our young adults, giving other YGTC young adults the opportunity to craft paper dogs, rabbits, butterflies, and foxes in the center.

"Vulnerability is necessary for innovation, and innovation is a crucial part of all creativity and art." – YGTC Youth



ROUND OF APPLAUSE

- Sahil and Amaya for going on college tours!
- Hope for being accepted to attend Suffolk University!
- One of our young adults for getting hired at a new job!
- Elijah for starting a new job!
- Tierra for starting a new job overseas soon!
- All young adults who started their spring semester!
- All young adults for starting 2026 off strong!
- Cam for starting Break time!
- One of our young adults for officially changing their name!

We're so proud of you all – keep striving and thriving!

HELLO, YGTC NEIGHBORS!

Safe Spot is a harm-reductionist organization that educates people on harm reduction, and on managing your relationship when interacting with folks that use drugs or experience substance use disorder. *Safe Spot* visited the YGTC multiple times, delivering accessible education and supplying Narcan upon request. Additionally, *Safe Spot* has a Youth Advisory Board which some of the YGTC young adults have joined. Meeting multiple times a month, the Board discusses ways to engage the community and educate others in an inclusive, youth-led way. They also have a hotline to which folks using drugs can call so that someone supportive and understanding can keep them company on the other side of the line, particularly to provide comfort, support and prevent overdose. **To learn more about *Safe Spot*, email: info@massoverdosehelpline.org**



CALL OUT!

We're looking for dedicated young adults to join the main Board of the Young Adult Council at our YGTC! If you're passionate about leadership and want a say in how we spend funding, plan trips, set up the calendar, organize events, decorate the space, as well as an opportunity to develop leadership skills, this is your chance to make an impact. Not ready for a board position? No problem, you can still join as part of the general public council and help shape the Center's future.

If you or someone you know is interested, please reach out to Knox at kwatson@csrox.org for membership details. Your voice matters – let's build something great together!

ZEN ZONE

A big shout out to our anonymous young adults for submitting this month's Zen Zone quote! This space is all about reminding ourselves to take a deep breath, slow down, and stay grounded. Don't forget, we host a one-hour Zen Hour everyday at 2 p.m. at the YGTC – come work on a goal, relax, recharge, and find your peace.



"To remember is to plan." – Alice Walker

Submitted : By Anonymous Young Adult