



PREPARING YOUTH TODAY FOR SUCCESS TOMORROW

FALL/WINTER 2020 NEWSLETTER

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MESSAGE FROM THE FOUNDER/EXECUTIVE DIRECTOR JANEEN REID, MS, LMSW, MSOL

It is my pleasure to share with you our non-profit organization, Full Circle Youth Empowerment Inc (FCYE) established in 2018. As a youth center, our mission is to empower, inspire, and support at-risk youth to become self-sufficient and to successfully transition into adulthood. We whole-heartedly believe each youth has purpose, potential, possibility, and strengths to achieve optimal success with education, supports, tools, and resources.

In the past few years, FCYE has served over 200 at-risk youth who experienced high levels of trauma and face a multiplicity of challenges. Our center is a space where youth needs can be met and feel connected, valued, and learn. We take each opportunity to plant positive seeds, nurture and watch youth grow into successful adults.

Amid this pandemic, we have made adjustments to keep youth engaged in positive experiences and remain safely connected with peers and with caring staff. Our programs have created sparks, enhanced knowledge and skills that will help them navigate their trajectory and future careers. FCYE will remain committed by continuing to identify needs and expand our services, programs, and opportunities that will prepare youth today for success tomorrow. We encourage you to believe with us, hope with us, and pray with us as we envision a thriving community of empowered youth.



GREETINGS FROM THE BOARD | BRUCE MORRIS, BOARD CHAIR

As we near the end of 2020, while preparing for a holiday season that usually inspires hope worldwide, despite daily challenges, we take this opportunity to reflect upon our accomplishments as an organization while preparing for a new year ahead of us. The nearly yearlong pandemic has crippled many providers of necessary community services at a time when they are needed the most. We are grateful that FCYE administration and staff have made program modifications to ensure vital services to our most vulnerable youth. We have been able to increase our programming and add support groups for both youth and parents to help personally and emotionally during these unprecedented times.

Providing a safe space and continuity of enrichment and empowerment programs is essential for youth who already face so much uncertainty in their short lifetimes. We serve a vulnerable population who can easily fall through the cracks in our society. However, with the commitment of our dedicated staff, passionate guardians, benevolent donors, committed elected officials, individual and community partners, we have been able to impact the lives of youth as we continue to support them through our programs and services.

During this season of hope and giving, we pray you might be touched in your hearts to provide us with financial support and contributions as we sustain and grow the opportunities for all our youth. It is our endeavor to make a difference in the lives of many youth. May you be richly blessed!

FULL CIRCLE BRICK-WALL OF FAME

On behalf of The Full Circle Youth Empowerment Inc and our Board Members, we would like to Thank You for being loyal sponsors and partners in support of our at-risk youth!



AT THE CIRCLE

“AT THE CIRCLE”, YOUTH AND CHILDREN ...

learn self-empowerment, life-skills, and character development through a positive youth development framework which engages the youth voices “at the table.” The Circle collaborates with members of the community as specialized facilitators and partners which has allowed us greater reach in meeting the diverse needs of our at-risk youth.

We believe that relationship coupled with resources maximizes results. Our guided principal enables us to view our children as “assets and investments”...the more you put in, the more you get out! The impact is met through enrichment programs and an array of 12 week-cycle empowerment programs, in which youth receive a certificate of completion. We are also an Advanced Behavioral Health Credentialed organization which offers community youth opportunities to advance their social-emotional well-being.



Mapping Success graduation, Kidz Konnection program, Culinary program, Mapping Success graduation, Girls Group, Kidz Konnection program, homework/gaming, and bowling



Special thanks to People's Bank for their \$10,000 donation to support our After-School Program.

OUR VISION IS AN EMPOWERED YOUTH-COMMUNITY WHO THRIVE AND BECOME INDEPENDENT AND SUCCESSFUL ADULTS.

WE ARE DEDICATED TO ...

strengthening families and communities we serve by providing one of many innovative programs and supports like, parent-empowerment workshops and the newly formed Circle of Hope Parent Support Group. This group, which also has a companion youth support group, focuses on decreasing burnout by fostering positive self-care, wellness and restorative relaxation & fun. The parents utilize a “Wellness Wednesday” approach while the youth, who experience the shared commonality of stress, promote wellness through a R.E.S.P.I.T.E. and recreational lens.

**Relaxation skills
Enjoyment in Activities
Self-Care Habits
Practice & Preparedness
Insightful Engagement & Interaction
Training &
Educational Opportunities**



Thank you to Fairfield County Bank for their \$1,000 donation in support of our Kidz Konnection Program.

Janeen Reid and Althea Francis VP, Branch Manager

YOUTH & KIDZ COMMUNITY SPOTLIGHT



**WE CAN NOT ALWAYS BUILD A FUTURE FOR OUR YOUTH,
BUT WE CAN CERTAINLY BUILD OUR YOUTH FOR THE FUTURE**

SURVIVING THE ODDS

Kellie McKenzie

Over the past few years, I was dealt a bad hand. I experienced things that I would not want anyone else to experience. But you know things happen. Part of me is glad that I went through these things because they made me the person I am today and because of the people I met along the way. I went into the foster care at the age of 16 after being in the hospital and residential facilities due to my mental health and other issues. Not long after being in DCF, I attended Full Circle Youth Empowerment. I am happy I attended because I managed to create bonds with the staff.

This center has been a place that has become like another home for me where I feel safe and supported. And now, I am no longer in foster care, however, Ms. Janeen and the staff remain present in my life and has helped me. They always encourage me to do better and be the best I can be. I feel that everyone needs someone they know they can trust and turn to whether the circumstances are good or bad.



Kellie working @ Posh Beauty Bar



Planning for her career path

I have learned so much by attending this program. It has helped me be more open, discover ways to cope with my negative emotions properly, learn skills that I need to be successful, and discover my artistic abilities. The staff has even helped me get a job where I now work at a salon as an Assistant. I am learning new skills and growing every day. I feel that Full Circle Youth Empowerment is a program that youth should be encouraged to go to. There are so many benefits I received from attending like mentoring, life-skills, long-lasting friendships, faith, and people that genuinely care about you. Today, I am better because of my support system and am now making progress in my life.

KIDZ KONNECTION PROGRAM

The Baez family

Full Circle is doing a great job for the community! It keeps kids safe! My children, ages 11 & 7 enjoy attending The Kidz Konnection Program because it gives them something different to do with other kids while giving me time for myself!

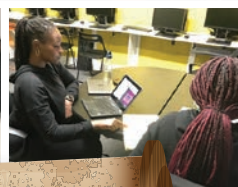
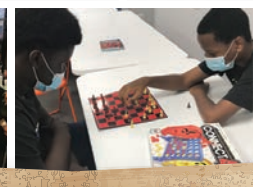


REFLECTIONS ...A PARENT'S NOTE TO THE EXECUTIVE DIRECTOR

Written by Kim D.

I just wanted to send a heartfelt thanks to you. I just finished talking with the kids and in such a short period of time, you and your staff have helped break down their walls. I know I have told you before the changes I have noticed, but sitting here with them

I began to cry because they love you, the staff and their new friends they have made. Thank you darling... From the bottom of my heart I thank you for making my new family (kids in my foster home) feel safe and secure.



"I see growth in my youth that I didn't see before"

Photos: Field Day, Recreation @ Center, After-School Program, Cooking, Sea Quest, Intergenerational Activity, Game Day, Tutoring Service, and Circle of Hope Youth Support Group

"I learn new skills in Cosmetology that will help me in the future"



"FCYE helped me with my people skills and ability to socialize. I never really spoke to people. Now I feel more comfortable to hang out with different people. I really like that FCYE helps us all work on different things like life-skills, money management, and team building and that we all can learn and understand on our level"

-Brittany



"These programs made me and my child's communication better and gave us unity"



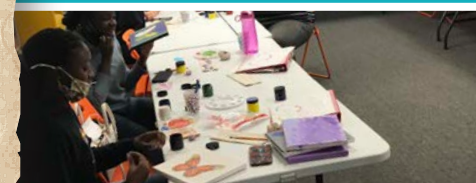
BILL OF RIGHTS

ALL YOUTH PROGRAMS ARE BASED UPON THE BELIEF THAT EACH CHILD & YOUTH

- IS BIGGER THAN THEIR PAST.
- HAS A RIGHT AND PRIVILEGE TO RECLAIM HOPE.
- HAS A PURPOSE, PASSION AND LEADERSHIP VALUE.
- HAS GOOD CHARACTER HIDDEN UNDER THEIR TRAUMA AND ARE WORTHY OF LOVE AND ADMIRATION.
- HAS A RIGHT TO RESTORE THEIR JOY.
- HAS A LIFE WORTH LIVING WITH AN ENVISIONED FUTURE OF SUCCESS.
- SHOULD HAVE THE OPPORTUNITY TO EXPERIENCE AND STRENGTHEN A SPIRITUAL CONNECTION THAT DEEPENS THEIR WILL AND MOTIVATION.
- DESERVES A CIRCLE OF SUPPORT TO HELP CULTIVATE THEIR IDENTITY, SHAPE THEIR DREAMS BY CARING AND TRUSTING ADULTS.
- AND MOST IMPORTANTLY, SHOULD HAVE THE EXPECTATION IN KNOWING THAT THEIR PRESENT CIRCUMSTANCES SHOULD NOT HINDER THEIR FUTURE BECAUSE IT'S NEVER GREATER THAN THEIR DESTINY NOR SHOULD IT DEFINE THEM!

"What I like about Full Circle is how the staff is really polite and respectful. They really make you feel welcomed and cared about. They care about your safety. I feel like it's a safe space. I have learned patience and self-control. It is just a fun space to be".

-Kofi A.



"I've participated in several of FCYE Empowerment Programs (cooking, cosmetology, piano, and financial literacy). I like the facilitators and how everyone works together. I've learned how to work with others, time-management, how to cook, the importance of savings, and planning for the future. Overall, it's a good place to be away from home".

-Abigale

Where Dreams Become Reality with Belief, Practice & Competency



"The Cathartic Arts Program helped me to use self-care, express my feelings, and use coping techniques"



SAFE PLACE TO BELONG AND LEARN NEW SKILLS

VOCATIONAL/ CERTIFICATE PROGRAMS	RECREATIONAL PROGRAMS	YOUTH DEVELOPMENT PROGRAMS	JUVENILE JUSTICE PREVENTION PROGRAMS	SELF- EXPRESSIVE PROGRAMS	SUPPORT PROGRAMS
Culinary	Basketball	After-School	Pen or Pencil (POP)	Cathartic Arts	Youth Support Group
Cosmetology	Summer Program	Youth Leadership	Parent Empowerment Training	Creative Music	Parent Support Group
Barbering	Computer & Gaming	Life-Skills	Domestic Minor Sex Traffic Training	Piano 101	Tutoring/ Homework Support
Babysitting & CPR		Financial Literacy	Community Service Opportunities		Therapeutic Mentoring
Personal Care Assistant (PCA)		Kidz Konnection			Emergency Out of School Placement
		Mapping For Success			Spirituality/Faith Connection

Full Circle Youth Empowerment Inc.
PRESENTS
PROFESSIONAL BARBERING
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
Got Skills? Got Game?
BASKETBALL & LIFE SKILLS
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Full Circle Youth Empowerment Inc.
PRESENTS
FINANCIAL Literacy
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
YOUTH LEADERSHIP
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Class Held Every Tuesday 4-6PM
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Full Circle Youth Empowerment Inc.
PRESENTS
PIANO 101
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Class Held Every Tuesday 4-6PM
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Full Circle Youth Empowerment Inc.
PRESENTS
MAPPING SUCCESS
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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Full Circle Youth Empowerment Inc.
PRESENTS
COSMETOLOGY
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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Class Held Every Tuesday 4-6PM

For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
CREATIVE MUSIC
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
AFTER-SCHOOL PROGRAM
FOR YOUTH AGES 14-18 YEARS OLD
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
ARTS PROGRAM
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
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Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
THE CIRCLE OF HOPE
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
Facilitator: **Shawn Rogers, L.C.M.**
Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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Class Held Every Tuesday 4-6PM

For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

Full Circle Youth Empowerment Inc.
PRESENTS
The Circle OF HOPE Youth Support Group
PREPARING YOUTH TODAY FOR SUCCESS TOMORROW
AFTER-SCHOOL, TUESDAY 4-6PM
EACH SESSION WILL BE 12 WEEKS

Facilitator: **Shawn Rogers, L.C.M.**
Facilitator: **Shawn Rogers, L.C.M.**
Facilitator: **Shawn Rogers, L.C.M.**

Class Held Every Tuesday 4-6PM
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Class Held Every Tuesday 4-6PM

For more information and to register, please email fullcircle@fullcircleinc.org and/or call 203-332-6300

STAFF RECOGNITION

Melody Gonzalez

Melody Gonzalez began her journey in September 2018 as a student intern at Full Circle Youth Empowerment in pursuit of her Human Service Degree. While completing her role as an intern, Melody began to learn the ropes of working with both children and adolescents who present with social, emotional, and behavioral challenges; however, with her passion and commitment she began to excel in knowledge, skill, and performance.

It was evident from the very beginning that Melody would be a great asset to Full Circle Youth Empowerment Inc thus was hired one and a half years later as Program Coordinator. Melody's out-going personality and drive shines bright as she brings such positive energy and creativity to helping our youth gain skills and creating opportunities to give back to the community.

Melody states, "I enjoy learning about the children, youth and their families and building a rapport so that I can better support them. Each day I come to work, I love the opportunity to be creative and impact the lives of so many youth. It really is a great organization and team to work with".

Congratulations!! Melody for receiving your Human Service Degree! We are blessed to have you as part of our circle.

FOUNDER/EXECUTIVE DIRECTOR PAYS HONORS TO FORMER LEADERSHIP

Over the past 12 years, four remarkable woman has been extremely instrumental in Janeen's professional growth into leadership which has inspired her to pursue her life-long dream and passion to embark upon her journey as an entrepreneur to holistically support youth.

Janeen says, "I'm extremely grateful for these amazing ladies who saw my potential, embraced my passion, and invested in me to contribute to my growth and success".

Each honoree received the Full Circle Youth Empowerment Inc "Pioneer Award"



Photo: Founder/Executive Director, Janeen Reid and Executive Vice President & COO of Family & Children's Agency, Mary Ellen Hass



Photo: Debbie Tadduni, Sheila Bowles, and Marilyn Lewis (Retired)



IN THE NEWS. GREAT THINGS HAPPENING IN BRIDGEPORT



Senator Marilyn Moore and Executive Director, Janeen Reid emphasizes FCYE diversity of programs that reduce violence and keeps kids positively engaged promoting education and leaders of tomorrow!



"I'm fascinated with Bridgeport...if you have someone like Janeen in a neighborhood that is leading the way, it's certainly clear you can move mountains."

- Senator Catherine Osten

SPECIAL THANKS

to Senator Moore & Senator Osten for advocating for state funding which enabled FCYE to increase enrichment programs and violence prevention programs to serve Bridgeport community youth.



Albert Dancy, Director of Pen or Pencil Program (POP) reflects on the commencement of youth participants who completed a 12 weeks Youth Human Rights Advocate Training!



STAFF



Janeen Reid
Founder/Executive Director



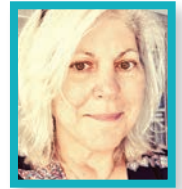
Lorraine Reid-James
Assistant Director



Kathy Greco
Development



Rosemarie Frager
Human Resource



Dawn Savo
Accountant



Albert Dancy
Pen or Pencil Director



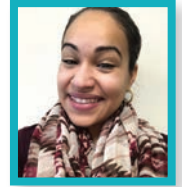
Audra Holmes-Green
Youth Program Consultant



Tiffany Nash
Executive Assistant



Katherine Williams
Administrative Assistant



Melody Gonzalez
Program Coordinator



Wilner Joseph
Program Assistant/Basketball Coach



Tanea Humphrey
Program Assistant



Tyshawn Spinks
Life-Skills Instructor/Basketball Coach



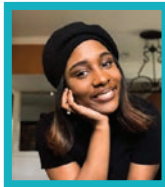
Rona Durham
Case Manager



Juan Sanchez
Case Manager



Faith Pierce
Academic Support



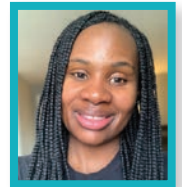
Pheonecia Wiggins
Social Media Specialist



Patrice Fortt
Support Staff



Matthew Roach
Support Staff



Tanisha Patterson
Support Staff

EMPOWERMENT PROGRAMS FACILITATORS



Danielle Gill-Jordan
Cosmetology
Posh Beauty Bar



Teresa Gorham
Cosmetology
Dimensions by Tere'sa G



Chef Mona Jackson
Culinary
Cook & Grow LLC



Marklan Taylor
Piano 101
Taylor Music School



Naciki Reid
Financial Literacy
Reid Estate for the Mind LLC



Dr. Merle Rumble
Youth Leadership/Tutor



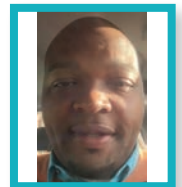
Amanda Campbell
Mapping Success
Living Free by Choice



Shanika Rucker, LCSW
Cathartic Art
Cathartic Breakthroughs



Blake Jordan
Barbering
Hollywood Cuts



Max Desrosiers
Basketball Coach



Jovan Spinks
Basketball Coach

**EXCEPTIONAL STAFF RISING TO THE CALL TO MEET
THE CHALLENGING NEEDS OF VULNERABLE YOUTH**

SELF-CARE Corner



LET'S TAKE THE "I AM WORTH IT CHALLENGE" TO ADDRESS ONE AREA OF IBS (ISOLATION, BURNOUT OR STRESS) AND RECLAIM YOUR JOY TODAY!

EMBARK ON THIS JOURNEY OF WELLNESS WITH ME, AS WE EXPLORE TOGETHER, WAYS TO ENHANCE YOUR SELF-CARE & WELLNESS TOOL BOX:

- › Reclaim/Restore Spirituality
- › Giving Yourself Grace & Forgiveness
- › Setting Firm Boundaries/Saying Sorry I Can't
- › Find An Accountability Partner
- › Create a Village of Support
- › Practice Deep Breathing
- › Practice Daily Meditations, Mindfulness
- › Obtain Therapy or Group Supports
- › Increase Qualitative Family Time
- › Weekly Hair & Nail Appointment
- › Develop New Skill or Hobby
- › Replace one bad habit with a good one
- › Enjoy Comedy or Music
- › Get a Massage with Eucalyptus!
- › Have a ZOOM Friends-Playdate!
- › Try Essential Oils for Calming/Relaxing Self
- › Create a Garden or What Gives You Passion
- › Create a New Family Tradition
- › Start Making Me Time
- › Enjoy Nature Walks/Hikes
- › Acts of Kindness to A Non-Profit (FCYE)!
- › Share A Skill or Talent!
- › Find Entertainment Opportunities

RESOURCES FOR HELP:

- › Text HOME to 741741 to connect with a crisis counselor- Free 24/7.
- › The Hub: Behavioral Health Action Organization for Southwestern CT
info@thehubct.org
- › A division of the Regional Youth Adult Social Action Partnership (RYASAP)

Covid, like a masked-thief in the night, has robbed us of our sense of security, trust, and faith. It has increased our fears and suffering, spurred poor coping skills to manage our financial struggles and has left many of us feeling abandoned in a never-ending state of grief and mourning of our losses. 2 Corinthians 5:7 reminds us "For we walk by faith, not by sight" and worry ends when faith begins.

During this Covid season, we all must critically think how we are infusing self-care and refueling into our daily routines in order to improve our well-being & overall functioning. How do we get out of auto-mechanic-mode, get out of our own way and believe we deserve better because what we have been doing has not worked well for us? Do we value our own worth by committing to ourselves, by investing in our own well-being and care? Do we slow down, believe that we will, or do we integrate baby-step-habits into our activities of daily living?