

## Youth Committee Meeting

Thursday April 25, 2019

ATTENDEES: L. Parker (Chair)

ABSENT: Daniella Fuchs (Vice- Chair)

Guests: Lisa Daub (CB8), Shemin Wilson

CALL TO ORDER: April 25, 2019 7:40 HRS PM/EST

QUORUM: No

### REPORTS:

The meeting started with a guest speaker Shemin Wilson who spoke about her business STARS & WINGS, abbreviation for “Standing Tall And Respecting Self” and “Women In Need Gaining Strength”, respectively, the programs are designed to develop life skills through female empowerment and an emphasis on building social support from a faith-based perspective. The goal is to assist both young women/adolescent girls (STARS) and adult/mature women (WINGS), through programs that interact with and provide support to one another but still target two distinct age groups.

The Mission: STARS & WINGS’s mission is to “Embrace, Encourage and Empower” adolescent girls and women. Through the use of an array of personal and interactive activities, the programs address the difficult circumstances that many of the women in our target group encounter, all the while utilizing Spiritual teaching tools to support personal development and promote resiliency.

Target Population: The STARS & Wing program will target high risk adolescent girls and women throughout the Bronx (ages 10-19) Wings (20-up) who are at high risk for self-esteem issues, depression, teen pregnancy, homelessness, violence due to a history of trauma, and have experienced physical, emotional/and or sexual abuse. These criteria are similar to those which we will seek to address with the adult women in the WINGS program but materials and language will be adjusted to be age appropriate. In order to better meet the needs of the young women, we recognize that crucial information that can assist them in making healthier decisions must be delivered in an engaging and thought provoking manner.

Program Structure: Through an innovative 12 week curriculum, which consists of twice a week meeting sessions, and other complimentary activities, we will assist the women who participate in identifying the challenges and barriers that have impacted their personal development, and also introduce teachings and strategies to help them adopt new perspectives and construct holistic life plans to address and overcome those challenges. We recognize that many of the women and girls who will be recruited to participate in these programs are dealing with adversity in their personal lives and are impacted by life conditions. In an effort to address those

challenges and empower these women to enhance their resiliency skills and find inspiration in spiritual teachings as motivation to engage in meaningful change.

Sessions' Topics:

STARS & WINGS, enhances life skills development through themed skill-building sessions that include topics such as: group facilitation, leadership, communication, self-esteem, goal setting, life mapping, mindful prayer and self-reflection. Each session is tied to a spiritual teaching and centered on one of the attributes of the Fruit of The Spirit, i.e. Love, Joy, Peace, Patience, Kindness, etc. (But the fruit of the spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law). Special emphasis is placed on positive decision-making strategies and life applications of the principles discussed in each session, to provide tools that will lead to healthier outcomes and life choices for the participants, while incorporating spiritual teachings.

The meeting adjourned at 8:15pm.