



Brotherhood
Enthusiasm
Accountability
Scholarship
Tenacity

Young Man with a Plan Weekly Update January 30, 2018

Weekly Meetings

Jaykyri is back after emergency surgery two weeks ago. At last week's meeting we checked in, ate, and provided the opportunity for studying and completing assignments, given the end of the marking term.

This week's meeting theme will be **Self-Worth**—a discussion on what kind of experiences can decrease your sense of self-worth and what you can say to a friend (and yourself) on how to build up your sense of self-worth following those experiences. This is always an important topic, but especially now given recent racist comments at the national level, local violence, and the stress of everyday living. Many of our young men experience periods of depression, fear and low self-esteem.

We'd like to give a shout out to mentors and school leaders who are helping our young men cope--we ask you to give an extra hug to your young men. They are dealing with many challenges in their lives and are working hard to progress.

Please don't hesitate to reach out to us if you have any questions about YMWAP and your students who are participating. Respectfully, Jaykyri and Des

Coming Up

- **February 3 Mentor Brunch:** Location TBD
- **February 10th Excel Class:** An Intro to Excel training session will be offered to students at 10am on Saturday, February 10. It will be a 2 hour class by YMWAP mentor Gio Morales in which we will introduce Excel and its uses and gauge interest in a longer training series. We have a significant number of students who are interested in Business careers.
- **February 15 Black Panther Private Screening** at Fenway
- **March 7 Men of Color Career Night** from 6-8pm at the New Mission and BCLA complex. The date was moved from 1/31. Similar to last year this will be an informal dinner, games, and Career Q & A. Transportation will be provided if needed.
- Our February sessions will be on the popular topic of HEALTHY RELATIONSHIPS, including an anonymous "ask anything" question jar and a session on dating violence.
- **March 23-25 NH Wilderness Trip** to Rustic Gatherings Lodge in Warren, NH