



*Nurturing Wellness and Self-Sufficiency in Vulnerable Youth, Young Adults and Their Families.*

## The LifeTies Buzz

### LifeTies is Turning 40!!!!

Dear Friends,

For the past four decades, LifeTies has been working tirelessly to serve vulnerable youth and young adults. Starting out with the original mission to provide life skills training to youth aging out of the foster system, our agency has evolved, taking bold steps to pioneer innovative services in the community to address the most complex needs to thousands of youth in our community and throughout the state.

This milestone is a celebration of our outstanding community which has been the heart of our success. Our birthday celebration is a tribute to all of you as partners: tenacious volunteers, generous corporate and individual donors, and dedicated staff who have helped us and stood by us through all of our development, growing pains, and achievements.

To commemorate this milestone, we are planning celebrations throughout the month of April. We will kick-off the month with our 40th Anniversary Wellness Challenge on April 1st. During the challenge, individuals and teams commit to 40 hours of wellness and self-care activities during the month of April. It's not too late to sign up and join the nearly 150 participants and 15 teams - yoga, meditation, running, walking, dancing, counseling, - it all counts and is going to be FUN as we motivate each other!

On April 15th, we will launch our silent auction which includes incredible virtual services and wellness items as well as beautiful art pieces. Soon afterwards, you will be receiving LifeTies signature cocktail recipe to prepare for our culminating 40 minute virtual event on April 29th! At this event, we will honor our Wellness Challenge Individual and Team Leaders, we will hear from our youth, learn about our programs and put in final bids for the silent auction - all in 40 minutes!

We hope you will join us for all of these events. I am looking forward to seeing all of you and celebrating all that we have accomplished together.

**Lori Morris**  
**Executive Director**

**Register for 40th  
Anniversary Wellness  
Challenge**

**Register for 40th  
Virtual Anniversary  
Benefit on 4/29th**

**Purchase Virtual Ads  
or Congratulatory  
Line**

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## Spotlight on Partners Supporting our Youth

Princeton Area Community



## Foundation provides needed assistance to our homeless youth

We are grateful to Princeton Area Community Foundation for awarding LifeTies a Covid-19 Phase 2 grant to provide needed laptops to our young adults (ages 18-24) who are part of our transitional and rapid-rehousing program. Our program enables us to provide immediate housing to homeless young unaccompanied and pregnant and parenting adults as well as supportive services to help them become self-sufficient. The laptops are critical for our youth during the pandemic to take college classes remotely, conduct online job searches and virtual interviewing, and access to tele-mental health services.

## RiseTalent Dances for a cause to benefit our youth at Triad House

Thank you to Rise Talent Tour for holding a master dance class for young dancers to benefit the youth at LifeTies. With the use of professional dancers including Broadway performers, they offer virtual dance classes worldwide to cultivate students' abilities and provide inspiring dance conventions.



If you are interested in hosting a Friend of LifeTies event, please contact our office at [info@lifeties.org](mailto:info@lifeties.org)

## The Permanency Project: Hearing our Youths' Voices



Many of our youth have been in multiple congregant care settings or foster homes before coming to LifeTies. Our Permanency Project kicked off this month with a facilitator with lived experience initiating a discussion with our youth on how to improve their experiences living in out-of-home placements. Our youth noted the need to make their rooms feel like their own, rather than “borrowed space.” Youth reflected on memories of moving from placement to placement, being provided with trash bags to move all of their belongings. They pointed out how the trash bags made them feel devalued in addition to having to contend with some of their important belongings being lost. As a result of this discussion, a generous donor has provided each of our youth with funds to select decorations for their rooms – comforters, art for their walls, needed sensory items -- all of their choosing within the budget given to them. Additionally, each youth has been provided with a new luggage set so they have a sense of normalcy when transitioning into the community. Through various planned listening events and motivational speakers over the next few months, they will further explore strategies with staff to foster reconnecting with relatives and kin, and breaking down the barriers that are preventing them from transitioning to permanent homes and families.

## Welcome to new Board member Kristen Gurdin

We are pleased to welcome Kristen Gurdin onto the Board. Kristen is Assistant General Counsel and Chief Policy Council for the Robert Wood Johnson Foundation. She is a frequent public speaker on legal matters relating to tax-exempt organizations. She holds a JD from Temple University, an MLitt from Trinity College, Dublin; and AB in Theater, Speech, and Dance from Brown University and was a Fulbright Scholar to the Republic of Ireland. Kristen notes, "I am thrilled to join the Board of LifeTies and play some small part in supporting an organization that has, for 40 years, provided a lifeline to youth who have dreams and goals of living a healthy, independent life, but need a safe home, acceptance, support, and mentorship to reach their potential."



[CLICK HERE TO MEET OUR BOARD OF TRUSTEES](#)

## Virtual Mentor and LifeLink Information Sessions

We currently are recruiting for mentors to work with youth involved in the juvenile justice system and/or who are chronically absent in school. Additionally, we are seeking volunteers to provide life skills training virtually or outside such as cooking, hip hop dance instruction, meditation, sound healing, financial literacy, tutoring and creating vision boards. Come to one of our virtual information sessions to hear about these meaningful volunteer opportunities.



- **Wednesday, April 7th 12:30 pm**
- **Tuesday, April 13th 5:30 pm**
- **Friday, May 7th 12:30 pm**
- **Wednesday, May 19th 5:30 pm**
- **Thursday, June 3rd 12:30 pm**
- **Monday, June 14th 5:30 pm**

[REGISTER NOW](#)

## National LGBTQ+ Community Women's Survey will launch this year

The National LGBTQ+ Women\*s Community Survey is a comprehensive national study distributed online, in English and Spanish, that addresses the significant gap in knowledge, policy analysis, organizing, and advocacy about the life experiences, needs, priorities and

**Join Us!**  
Take your seat at the table.



[lgbtqwomensurvey.org](http://lgbtqwomensurvey.org)

**3.8.21**

The National  
LGBTQ+ Women's  
Community Survey

challenges faced by LGBTQ+ women, their partners, and families. LifeTies is a partner in promoting the survey as it will provide important data to help address the needs of LGBTQ+ women. This national survey is designed for people who have identified as women at any point on their journeys and want to share their experiences of centering women in their sexual, emotional, familial and social lives. March 8th was the kick off to pledge to fill out the survey when it launches. Click [here](#) for more information and to sign up to receive the survey when it is launched.



**Follow Us on Instagram!!**

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**DONATE NOW**

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