



youthzone
Connect and Grow

April 2021



YZ Offers Tools to Handle Stress Through Mindfulness

Stress isn't just mental, it can affect us physically too. Youth Advocate Katie Westcott has some advice on how to mindfully take control of your stress and how to pass those healthy skills along to our youth.

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New Executive Director Jami Hayes Has Started

"Transitions are always marked with excitement. As we say goodbye to Lori Mueller, we recognize that she has shaped and molded the outstanding positive culture at YouthZone. We now welcome Jami Hayes! Jami's professional experience and leadership skills make her uniquely suited to lead YouthZone, and her personal warmth and commitment to youth and families is unparalleled. We can't wait to see where the Jami and the entire YZ team lead us!"

-Charla Belinski, YouthZone Board President



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Charity Golf Tournament: Register Now!

Register today for the Charity Golf Tournament on June 4th at Lakota Links Golf Course. The tournament registration fee is \$400 per team and includes lunch beginning at noon.

Win a new Honda CRV with a Hole-In-One!

Register your team today by filling out the form linked below.

[Register Here](#)

YouthZone Gains Another Youth Advocate

Sharlene (Sharla) Salinas has joined our team of Youth Advocates to be a source of support and understanding for YouthZone clients. She has a passion for mentoring youth and believes that her diverse work experience will be an asset to her work at the organization. Learn more about Sharla by clicking below.

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Community Listening Circles Hear & Heal

Restorative Justice is for everyone, that's why YouthZone is planning to hold Community Listening Circles. These volunteer lead circles will hear the struggles we've faced and help reconnect

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the area with the sense of community that was damaged during the pandemic.

2021 Ascent Youth Film Festival Register Now!

Ready to make a difference in your community? Learn new skills and express yourself by participating in the 2021 Ascent Youth Film Festival. Registration is free, participants will receive cash awards for completed films, and every project will be featured live at the Ascent in September.

[Register Here](#)



Welcome Michael Killian Bolling!



The YZ team is happy to announce the newest member of the Bolling family, Michael Killian. Congratulations to Mary Bess and her happy, growing family!



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Groceries that Give

Your weekly shopping trip just became the easiest way to donate! Sign up for **City Market Community Rewards** and a percentage of your purchase will go to supporting YZ services.

Thanks to our Sponsors



Make a Difference!
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