

# Young Women Rising Above Perceptions



## September News letter

First Edition Revised Volume 1

### YWRAP

#### Young Women Rising Above Perceptions

YWRAP is a mentoring/  
tutoring program concerned  
with the needs of young  
women who are at risk in edu-  
cation, health (mental health),  
and the welfare of coping with  
their individual life styles.

Our program will address all  
ethnicity and race. All Young  
ladies welcomed.



*Hello, my name is  
Chevonna Johnson and  
I have lived in Brent-  
wood for the past 15  
years with my family. I  
am a retired Social  
Worker and a current  
active member of Mid-  
Island Club of The Na-  
tional Association of Ne-  
gro Business & Profes-  
sional Women's Club,  
Inc.(NANBPWC).*

*The main focus of  
YWRAP is to help  
young ladies improve  
their outlook on life, by  
setting goals, inspiring  
each other, and talking  
about issues and con-  
cerns that impact their  
well being in becoming  
a "well-rounded young*

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### Self-Esteem

“Self-Esteem” reflects about how you feel about yourself. Many young women have low self-Esteem. They do not feel good about themselves, even the funniest, smartest, prettiest girl in school can feel bad about herself.

Is it normal for teens to feel this way? Yes! and, there are several ways teens can boost their self-esteem. Here is how;

Think positive about yourself and the things you can do. When you start putting yourself Down, STOP thinking negative thoughts! You are uniquely, beautifully, wonderfully made, and very intelligent.

Do things that make you happy rather than what others think you should do.

Always believe in yourself and give yourself the opportunity to do better. Challenge yourself by doing things you don't normally do.

Stop putting YOU first! Start helping out with chores around the house and volunteering in your communities.

If you feel angry, talk to a friend or an adult you can trust.

If you feel down about yourself, share your feelings with a friend or start a diary and share it with a mentor or parent.

**YWRAP will be on Tuesday 's and Thursday's at Suffolk County Community College from 5pm-7pm starting in September 22, 2009.**

**Please visit our website**

**[www.ywrap.org](http://www.ywrap.org). We will coordinate partnerships that maintain integrity, honesty, and a positive outlook in developing programs that will enrich the welfare of all young ladies. Our focus will enhance all individuals to aspire to achieve and create an atmosphere to succeed because “FAILURE IS NOT AN OPTION!” We will encourage each individual young lady to **ASPIRE** and **BELIEVE** that within their growth they are great young women. Believing in their success is a goal that we have already achieved by providing this program.**

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### Crisis and Information Hotlines

HIV/AIDS Counseling/ Testing	LLIAAC	<a href="http://www.liaac.org">www.liaac.org</a>	631-385-2437
Anorexia	Eating Disorders Awareness and Prevention	<a href="http://Nationaleatingdisorders.org">Nationaleatingdisorders.org</a>	1-800-931-2237
Cancer	Breast	<a href="http://www.breastcancerhelpinc.org">www.breastcancerhelpinc.org</a>	631-675-9003
Cancer	Ovarian	<a href="http://www.ovarian.org">www.ovarian.org</a>	1-888-OVARIAN
Suicide	Response Crisis Hotline	<a href="http://www.responsehotline.org">www.responsehotline.org</a>	631-751-7500
Suicide	Suicide Crisis Center	<a href="http://www.suicide.org">www.suicide.org</a>	1-800-SUICIDE 1(800)-784-2433
Teen Dating Violence	Victims Information Bureau	<a href="http://www.vibs.org">www.vibs.org</a> Live chat available	631-360-3606
Teen Pregnancy	Suffolk Prenatal Coalition	<a href="http://www.scpc.net">www.scpc.net</a>	631-475-5400

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### Crisis and Information Hotlines

YWRAP	Young Women Rising Above Perceptions	<a href="http://www.ywrap.org">www.ywrap.org</a> <b>Contact person: Chevonna Johnson</b>	631-796-7951
Mid-Island Club of Suffolk	NANBPWC National Association of Negro Business Professional Women's Club	<a href="http://www.midislandcluboflongisland.com">www.midislandcluboflongisland.com</a>	631-582-6479 <b>Lois Branch President</b>

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### Inspirational Words

#### Looking at Life through God's Eyes

Many times when we look at our life in the present or even in the past, we may have questions of "why me?" and "what is this?" It is normal for us to ask these questions in our thinking when life does not seem fair; "Why" must I be the one to endure this situation. "Why" am I the one always left with the shorter end of the stick? "What" am I suppose to do now? These questions are a few samples from a long laundry list we may ask God in times of trouble or concerns. Today I would like to subscribe to your heart and plant seeds in your mind, to look at "life" through God's eyes!

Let us look at the life of Abraham, in this scene we see a man living with his wife in the old age of life; without the hope of having a child. In their eyes, they were far too old to think about moving let alone having a child. **But through God's Eyes**, Abraham was commanded by God to leave his country and people for a land of promise; and was blessed with a son named Isaac who became the father of nations. Through Abraham's seed from his grandson, Jacob was born Joseph. His brothers, who filled with jealousy, sold Joseph into slavery. Through Joseph's eyes, he would never see his father and mother again, and life was hopeless. **But through God's Eyes**, the plan was Joseph would save his entire family from famine due to God promoting him to 2<sup>nd</sup> in command over the land of Egypt. Esther was an orphan girl raised by her great uncle named Mordecai. Looking through Esther's eyes, her future would entail being a Jewish slave girl. **But through God's Eyes**, the plan was Esther would become queen to save the lives of her people. Mary Magdalene who had 7 demons living in her; had no hope for life. Through Mary Magdalene's eyes, this is all it would ever be for her. **But through God's Eyes**, she would meet His Son and our Savior Jesus of Nazareth and be set free of her demons. of the Church and turn the world upside down with the Gospel Message. Changing lives wherever they went!

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## Inspirational Words

### Looking at Life through God's Eyes

No more torments, bitterness, pain and confusion, but filled with purpose during the earthly ministry of Jesus Christ. What more can be said? The 12 Disciples hand-picked by Jesus Himself; all had problems, issues, thefts, anger, jealousy and more. In each of their own eyes, they could not see past being fishermen, tax collector, and overzealous freedom fighters. **But through God's Eyes**, they would become the Apostles of Jesus Christ opening the doors of the Church and turn the world upside down with the Gospel Message. Changing lives wherever they went!

You now have a Divine Invitation to look at **your life through God's Eyes!** You will not be disappointed. May God's richest and choicest blessings overtake your life as you live life through God's Eyes!

"Looking at Life through God's Eyes"© by Dr. Renee D. Lannaman

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### Word Corner

Affinity– A natural attraction to a person, thing, or activity.

Cognate– peevish or irritable

Immure– to close or confine within walls.

Foray– a quick raid.

Bode– unpleasantly damp or wet.

Remand– to send or order back.

Inveigle– to entice lure.

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### *Schedule for September 2009*

- September 22, 2009 Meet and Greet night at Suffolk County Community College. (Time 5pm-7pm)
- September 24, 2009 First meeting and tutoring sessions.
- September 26, 2009 HIV/STD's symposium Brentwood Library  
Brentwood, New York 11717  
Millicent Freeman-Director of Outreach and Training of Manhattan  
Dr. Carol McLean-Long-HIV/MD-Mahoe Hill Action Committee.



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