

July -August 2016

### School Supply Donation

Students in our After School Program returned to school in July. To help them prepare for success, Housing on Merit provided them with school supplies donated by Raymond Geddes Inc.



# Youth Employment Workshops with CONNECT2Careers



Housing on Merit Partnered with CONNECT2Careers to host a series of workshops on youth employment. These workshops included:

**Building a Résumé:** participants learned what it takes to build a résumé with the mobile résumé lab. The resume lab allowed participants to start building their own resume with the use of iPads.

**Creating an Elevator Pitch:** participants created their own elevator pitch that included their passions, goals and qualifications, then practiced their pitch in groups.

**Preparing for Interviews:** participants learned strategies for interview success and engaged in practice interviews with their peers.

**In-Demand Jobs:** through this workshop, participants gained information on San Diego's fastest-growing industries and occupations.

**CONNECT2Careers Registration Drive:** this workshop helped participants register for CONNECT2Career's portal giving them access to job postings, a peer job coach, and various resources.

# Coming Up in September



## Fitness Classes

Yoga classes will continue to be offered three days a week, and Zumba classes twice a week.



## Medical Mobile Unit

San Ysidro Health Center's Mobile Clinic will start visiting Vista La Rosa in September to provide residents with onsite medical services.

## Self-Esteem Workshops

Residents will be able to participate in a 4-week workshop to help them learn about self-esteem, and how to maintain a healthy self-esteem.

**THERE HAS BEEN An Increase IN SELF ESTEEM ISSUES AMONGST BOYS**  
WITH UP TO HALF OF MALE STUDENTS THOUGHT TO HAVE A LOW BODY IMAGE

**80%**  
OF FEMALES SURVEYED CLAIMED THEIR poor body image WAS LINKED TO NEGATIVE REMARKS MADE BY FRIENDS AND FAMILY

**UP TO 85%**  
OF THE WORLD'S POPULATION IS THOUGHT TO BE AFFECTED BY LOW SELF ESTEEM

**75%**  
OF GIRLS WITH LOW SELF ESTEEM

**SOCIAL MEDIA IS Lowering NOT Raising OUR SELF ESTEEM**

REPORT ENGAGING IN NEGATIVE ACTIVITIES LIKE CUTTING, BULLYING, SMOKING OR DRINKING