



Community Advocates for Family & Youth

SPEAK

Issue: # 301

January/2009

A Year of Rebuilding Families & Communities

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Greetings!

What? 2008 is over and we are entering into 2009! **Wow!** What a year it's been! For many it has been filled with trials and adversity. It has been a time of great economic uncertainty, victimization, and crime but for others you have had a year of success, overcoming adversity, and regaining control over your lives, your children and your finances.

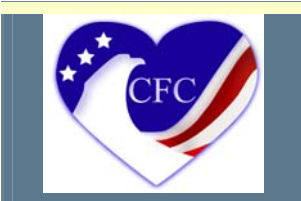
2009 promises to be the year of "**CHANGE**". At CAFY we are getting ready. Ready - **To Serve, To Reach out, To Help Rebuild and To Be Better.**

No matter your current circumstances, we are looking to help, to share, to support, to assist, and to offer a listening ear. We know these simple gestures can make all the difference in the lives of families, victims, and youth. Keeping a positive attitude of faith is the key to unleashing peace, power, and empowerment over your life.

It doesn't matter if your past was dark . . . your future is bright.

Take Back Control over your life, your family & your finances, and your youth.

CAFY wishes you a rich and empowered 2009!



Start rebuilding @ Home

Are you worried about your teens recent behavior?

You are not alone!

Parents across the county are realizing that they need help dealing with a son or daughter that is making poor decisions. And they are discovering that they are not alone. While it can be devastating to learn that your child has fallen into the wrong crowd, become a victim of crime or has begun to make decisions that may destroy their lives, it is not something to be embarrassed about or to try to hide it from others. It may be time to take action!

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Rebuilding Support
CAFY introduces

BIAS Team

(Bilingual
Information,
Assistance and
Support)

January, 2009 CAFY will rebuild support to Hispanic/Latino residents. We are pleased to announce Bilingual Information, Assistance & Support Team. This team will assistance with case management, court and victim rights education, and other services.

For Information, contact
301-390-4092

Do you wonder where do I get help for my teen?

As you begin to research what avenues of help are available, you will discover that there are many options. There are literally hundreds of organizations designed to help teens and families. Boot camps, specialty boarding schools, therapists, military schools, group homes, diversionary programs are all established to help. And that list is just a scratch of the surface. There is help for parents.

How do you make a decision - what the right thing to do is?

The most important thing that you can do as the parent, is decide to get involved, seek help and decide which type of program is best prepared to deal with the issues facing your teen. Do your homework, learn about techniques, philosophies and services that organizations will use to help a teen. Ask other parents, remember you are not alone in this situation. There are many parents who have been down the same path. Don't forget, talk to your teen and keep trying to talk to your teen. You've tried everything, why not **talk** before all else is tried.

Begin with CAFY. We are here to help families access information, resources and begin the journey of healing and rebuilding. From victimization to at-risk, we want families to succeed. We have support groups for teens and parents. We host family dialogue sessions to help families talk and listen to one other, rebuild their boundaries and agree on their own path. We facilitate court education to help youth who have to testify in court and become "effective witnesses". We offer the tools for teens and families to regain control through advocacy, support and education.

MARK YOUR CALENDAR

- February 5, 2009 **LIFE Module-Support Group** begins.

We know it is challenging and we want to help strengthen, rebuild and remove the labels. Where do you start, start with CAFY. We are here to help you.. **Call now. 301-390-4092.**

- February 19, 2009 Domestic Violence Seminar.
- March 1, 2009 "It's Okay to Ask for Help"
- Spring Teen Conference - After the Trauma & CAFY join up for a Teen Conference
- April 16, 2009 - CAFY Victims Rights Events

Rebuild through Giving Back



Giving back is not above and beyond, it is how it is supposed to work.

Not all that long ago, businesses thrived in a community not because they had some trendy new service but because the community needed them to help the community attain the lifestyle they wanted to live. They served a community need and made life better for themselves, for their clients, and really, for everyone. At Community Advocates for Family & Youth, we are striving to make our community better by giving back daily to victims of crime and this year particular during the Christmas season we looked for other ways to give back - to families and our seniors. For the second year, CAFY joined with Department of Social Services and local churches and adopted two families. Meet, Ms. Miley and the Parsons, people in need now but ones who have given to community, their neighbors and their churches for many years. "It is important to give, says, Ms. Parson, God will bring it back to you when you need it.

Giving back is a good teaching moment for your youth. Our busy-ness is a plague to family life, and it can make us too busy to serve others. The holidays have a cultural emphasis on slowing down a little bit and doing something for someone else. It is also a good time for a parent to encourage a giving spirit at Christmas and all year through role modeling. A parent who is not willing to be generous on a daily basis and let children know this is important will have a more difficult time raising a giving child.

A family's participation in a community event to help others is a good way to model a spirit of citizenship and giving. Studies have shown that this giving attitude is important because the ability to think of others and contemplate their needs is a skill and virtue needed for healthy emotional growth and maturity.

We are proud to be able to help. CAFY adult and teen volunteers delivered christmas gifts and needed household items to these families prior to Christmas. We thank all our staff and volunteers who donated the items to our families this year. When you give, you get much more in return.

TAVA publishes it's public service announcement *"HoneyBun"*

Teens against Assault, Violence & Abuse

CAFY's teen advocates are busy this school year, their goal - **reach more, help more and do more**. What better way to reach more than through a public service announcement. December, 2008, TAVA created their first public service announcement defining teen dating violence and offering help for teens in our area.

"HoneyBun" sends their message - *"Abuse, It's Not An Option"*.

TAVA teens obtain community service hours and improve lives. Know a teen who can benefit from a community group. Call us to find out more about TAVA.

Or have them check out their message.

<http://www.supersistas.com/vid/HoneyBun.wmv>

Thank you SuperSistas Video Community for your help in bringing our message to life. <http://www.supersistas.com>

CAFY's Team Fellowship

WE work hard and play hard.



The whole year CAFY's team is busy servicing victims of crime through case management, court companionship, court education, crisis intervention and outreach.

Twice a year, all teams come together to appreciate one another's efforts and hard work. December 12, 2008, CAFY got together for the holiday fellowship and recognition. This year, **Kyle Saxton, 16; Warren Daniels, 16; and John**

McCoy, 16, all teen advocates, received the Presidential Volunteer Award for contributing over 300 hours of community service. Their teen leader, **Ashley Ballard, 17** obtain the Gold Award. She has been with CAFY and TAVA since 2005 and has contributed 510 hours of community service. Additionally, two Service Excellence Awards were given first to Kay Niles, for her work as a grant assistant, reviewer and quality leader and Mrs. Currid, one of the TAVA's parents who received CAFY's her Service excellence award for her work and consistency at being a "neighborhood mom".

Congratulations to all the awardees. CAFY would not exist without the people who care - volunteers!!

CAFY's Core Services include:

- Victim Advocacy
- Court Trauma & Education Sessions
- Support groups for youth, adults and non-offending parents
 - Family Dialogue sessions
- Teen focused and teen facilitated outreach
 - Resource Referrals

Sincerely,

Arleen B. Joell
Executive Director
CAFY

Crime It's Real. It's Wrong. Speak up for Yourself of Someone Else.