

2021 NEWSLETTER



Building Resilience Together

When life is disrupted by crisis, as it has been this past year, some saw opportunities for change, action, and even introspection that they might not have seen otherwise. The pandemic has caused many to question the way they live and what was important to them. Our theme for 2021 was MySelf+Care. Our engagements were centered around encouraging one another to be aware of ones bodily, emotional, physical, and emotional states and then listening and responding to these needs appropriately. We partnered with Given100 to make this possible.

One of the biggest highlights of the year was our feature in Humans of St. Louis. St. Louis is the second most popular "Humans of" site in the United States after Humans of New York. Their project is intentionally grounded in social work, public health, and documentary photography. Their spotlight of our engagement was shared with over 130,000 of their social media followers. With their help we were able to share our mission of helping youth to achieve wellbeing through mentoring relationships farther than ever before.

Our College tours allowed our youth to experience campus life by asking questions, meeting current students and staff, and sit in the same classrooms as current students. We visited the following colleges and universities: Southeast Missouri State University, Ranken Technical College, Harris Stowe State University, Saint Louis University, University of Missouri Columbia, and Missouri University of Science and Technology. These tours had a profound impact upon our youth, especially our college planning youth.





Building Resilience: Turning Challenges Into Stepping Stones

In the age of COVID-19 and the widespread racial injustice, young black men need positive mentoring relationships now more than ever. Beyond the classroom, these young men need a network of culturally competent role models to support, encourage, and empower them to pursue their wildest dreams.

We were very fortunate to partner with Given100, a black owned and operated gym located in the Debaliviere Place Neighborhood of St. Louis. Together we helped build resiliency during a time when much was uncertain. Given100 provided weight-training, yoga, discussion, and opportunities for our young men to become more aware of themselves and advocate for themselves in light of their new-found awareness.

We learned that we are able to turn challenges into stepping stones when we understand what's in our control and what's not in our control. The one thing that we have total control over is ourselves and who we choose to respond when we are faced with challenges.

We also learned the importance of pushing past our limits. Perceived limits can stop us from setting goals and making steps to achieve them. Failing to push past our limits will leave our dreams unrealized. It's important to work through them to rise higher than our challenges and step into our goals and dreams for the future.

"Sometimes the bad things leads us to the best things that could ever happen to us" - Amaje 17 years old.

Together Serving Others

With the support of our parents, our youth were able to host their second sack lunch outreach. Together we prepared 150 sack lunches and distributed them to unhoused individuals in various neighborhoods in the City of St. Louis. Each sack lunch consisted of a sandwich, chips, drink, and snack. This was an experience like none ever. What was most encouraging was the gratitude shown by the men and women who received our sack lunch. One Gentleman responded, "Thank you so much! I love you guys, I really do love you guys!"



Welcome Our New Mentor

Marlon Chambers joined My 180 Youth Program as a mentor. He comes with 20 years of experience as a juvenile justice professional. Marlon is deeply committed to serving families with the highest quality of integrity. Marlon is a well-respected professional in the mentoring field. Marlon is passionate about fatherhood, personal growth, and adding value to the lives of people. Marlon believes that everyone is endowed with a personal gift which he implores them to activate in both their personal and professional lives in order to improve the quality of their lives and the life quality of others.



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