



Inspire

Summer 2009

Dear Inspire Readers,

One of the goals of our new newsletter format is to bring you up close and personal to the work of the Center and the lives it touches everyday. So, beginning now, each issue will focus on one program at a time. We first start with our young people...

You must be the change you wish to see in the world. - Mahatma Gandhi

One of our goals in the youth program is to show youth the power of this quote - to first model the idea that when you give others respect without pretense, you teach others respect. Secondly to demonstrate that groups of powerful individuals can have intense debates and disagreements and handle them nonviolently. And finally, to teach that when you take these skills and combine them with the desire to change, you can become the change that you want to evoke in others. It's after the youth begin to acknowledge the possibility of this quote, that the "light bulb" moments begin to flourish. These moments may look different for each youth, but the energy and significance of the moment is the same...they find their personalized answer to the question: **Why Try?**

Why try when you feel like you have no safe place to go, when you feel like you have to watch your back 24/7.

Why try when you feel like your teachers are not there to help you, but to fail you, just so they can say "I told you so."

Why try when you feel like your peers are there to hurt you rather than to help you succeed.

Why try when you feel like it is easier to "escape" through violence, alcohol, and drug use.

The youth program strives to inspire young people to develop their own internal answers to Why Try? Through our nonviolence program, our critical thinking program and our school-based program youth learn the steps and skills necessary to make the change they want to see in their lives.

Once the youth begin to acknowledge their own internal nonviolent power their individual "light bulb" moments begin to light up their lives, as well as those around them. It is the inspiration of those moments that keeps the youth program vibrant and energized.

I hope that you will continue to read the rest of this newsletter to find out more about our youth program and to see some of the powerful "light bulb" moments the program has inspired.

Tasha Sare, Youth Program Coordinator

Inspiring Change. One person...One family...One world



CfN's Coordinating Panel

Kim Miller

Brindha Hariharan

Nancy Cripe

Susan Minke

Ann Frellick

Jose Hernandez

Alan Hoffer

Sherwin Kepes

Barbara Linden

Jeanne McGee

Laurie Weier

What the Youth Program offers:

Youth Nonviolence Program: 14 week long program with 12 weekly group sessions and two individual interviews for youth ages 7-18 years who are struggling with issues of violence

Youth Thinking Errors Program: 14 week long program, with an opportunity for an 8 week early release, that focuses on combating thinking errors in youth while at the same time teaching them critical thinking skills. This program is offered to youth ages 7-18 years who are struggling to make positive decisions in their life.

School-based Program (i.e. Community Nonviolence Initiative): Takes our programming into the schools to offer services to students who are struggling with making positive decisions during their school day.

Youth Served at CfN: 118

Outcome:

77% of youth are able to communicate improved decision-making/problem-solving skills in confrontational situations.

6/08-6/09

Youth Served in Schools: 68

Outcome:

Over 85% of youth agreed that they learned **new** skills from the program
2008-2009 School Year

Youth Program Goals:

- Increase youth's understanding of violence and nonviolence and the effects of each
- Teach youth to recognize, deal with, and control their anger
- Encourage youth to set goals and analyze how their decisions today will effect those goals
- Encourage youth to take accountability for their thoughts, body language, and actions
- Increase youth's ability to resist negative peer pressure
- Help youth change their patterns of indifference about life
- Teach youth to think critically about their life's issues
- Increase youth's ability to handle confrontational or risky situations in life

"Light bulb" moments

"The promise I make to ya'll is I make it far in life, because some of the things I learned here is or could be some of the keys to life, that other people don't know."

"I think before I take action. I've learned many things from the program and I thank everyone for helping me out and not judging me for what I've done and getting to know who I really am."



"The day after my last group a guy came up to me and told me that he wanted to fight me, I told him that he could do what he had to do, but that I was not going to fight him...he looked at me with a disgusted look, and then left me alone."

"Since I have been in the program I have stopped gang bangin', smoking pot, and dealing. I do not go looking for fights anymore, found other ways to handle anger."

Encourage the "light bulb" moments for the youth in your life.

Center Sightings:

Strength in Stride - October 11, 2008

The Center held their 2nd annual walk at Headwaters Park West, bringing awareness to our community that October is Domestic Violence Awareness month. Participants enjoyed a 2-mile walk on the "Circle of Hope Trail". Mayor Tom Henry presented the proclamation and entertainment was provided by the Three Rivers Jenbe Ensemble.



English Style Tea Room

As part of the Williams Woodland Holiday Home Tour the Center hosted an English style tea room on December 6th and 7th, 2008. A free will donation was accepted to benefit the Center. Patrons enjoyed hot tea, coffee and freshly baked cakes.

Peace and Justice Weekend

On April 25, 2009 the Center presented at Plymouth UCC on our work and creating and implementing practices that keep us in this "work" of peace. The purpose was to look at issues of power and begin an annual focused weekend for the community at large.



Peace in the Streets Rally

The Center participated in the 2nd annual "Peace in the Streets rally" on Saturday, April 25, 2009. The event was organized by the Fort Wayne Urban League, Peace on the Street, Inc. and the Center.

Approx. 50 participated in the 2mile walk up Anthony to CfN on McKinnie Ave.

Make a difference in the life of our youth...

- Help work with struggling readers this summer, over 200 volunteers needed. Call the United Way for further information.
- Take a neighbors/friends children to the park/zoo for the afternoon.
- Just listen...many children just want an adult to take the time and listen to them without distractions and without "solving" their problem.
- Organize a clean up the neighborhood day, recruit youth from the neighborhood to do a clean up day and then reward them with an ice cream party.
- Recruit young people in caring for elderly neighbors by checking up on them, taking out their garbage or doing yard work.
- Engage young people in learning, let them help you plant a garden, fix the car or build a shed.

Model the change you want to see in the youth of your community.

Dates to remember:

August 12th: International Youth Day

August 26th: Center for Nonviolence's Anniversary

September 21st: International Day of Peace

October is DV awareness month

October 2nd: United Nation's Day of Nonviolence

October 10th: "Strength in Stride" Walk

November 2009: "In Our Best Interest" Training in Indianapolis

November 2009: Duluth Training in Indianapolis 'Working with Men Who Batter'

December 5th-6th: Williams Woodland Holiday Home Tour

Services of the Center

All services are also available in Spanish

- Adult Violence Intervention Programs
- Support Groups
- Mother's Educational Groups
- Child-Centered Parenting After Divorce
- Violence Intervention for Youth
- Thinking Errors Intervention for Youth
- Community Nonviolence Initiative (school-based programming)
- Trainings

Mission: To provide education, support, and advocacy to end domestic and other forms of violence while modeling equality and power sharing

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www.centerfornv.org



Center for Nonviolence