YPP STUDENT AND PVRC MEMBER SPEAKS OUT ON THE RADIO

Brenda Santana, a former YPP student and Pioneer Valley Riverfront Club (PVRC) member has come a long way since she commenced rowing just a couple of years ago. Taken under the wing of the rowing director-Ms. Erin Sprong (in first picture on the right above with Brenda), she has been able to become a confident and motivated young woman. She is very close to attaining her GED and through the strenuous rowing exercises she does routinely, she has managed to lost more than 80 pounds! “The PVRC is a rowing facility in the North End of Springfield with the mission to promote river-based sporting activities, to develop river access, and encourage recreation in the Greater Springfield metropolitan area” (http://www.pvrowing.org/). Because of this success, she was able to share her story on a popular Spanish radio station, Popular WACM 1490AM (pictured above). She continues to pursue her goal of attaining a GED as well as now serving as a volunteer at the Riverfront site. We’d like to congratulate Brenda on her new found success!
On Thursday, January 24, Liz Peck and Emily Johnson from the Massachusetts Alliance on Teen Pregnancy (MATP) stopped at YPP and gave a presentation to our students regarding advocacy. Advocacy occurs when people come together and defend their support of a particular cause or policy. MATP's mission is to "advocate statewide and mobilize communities to prevent teen pregnancy, to increase opportunities for youth and young parents and to empower young people to make healthy decisions about relationships, sex, parenting and life" (http://www.massteenpregnancy.org/). They stress the importance of fighting for the programs which young parents utilize. We need to support them to make sure these programs are given the static funding they need to remain open and provide the help and support people need. The Young Parents Program is one of these programs that needs to be advocated for so that students are able to obtain a GED and are able to become self-sufficient adults. Other programs include Teen Living Programs (TLP), Department of Youth Services (DYS), Teen Parent Childcare, Healthy Families and Teen Pregnancy Prevention. Please be sure to join us on Thursday, March 28th from 10:00AM to 1:30PM at the Massachusetts State House in Boston to hear from some of our very own YPP students advocate for these programs. You won't want to miss it!
Cuidate is a culturally-enriched program which the Massachusetts Alliance on Teen Pregnancy (MATP) trains educational professionals to offer in their schools and programs that is designed to reduce HIV sexual risk among youth. It helps youth develop the knowledge, attitudes, and skills to reduce their risk of STDs, HIV/AIDS and unplanned pregnancy. Students attend 7 1 1/2 hour sessions where they participate in various activities and discussions centered around protecting oneself and their loved ones against HIV. All of our students come away with useful information which they can then utilize

Testimony from
Jasmine Jones (left):

My Cuidate experience is going well. It gives me the chance to talk about things most people don’t feel talking about with their parents. The class helps me open up to other people in the class as well. Ms. Sandra and Ms. Karen are wonderful teachers. They take what I ask them seriously. I am very thankful to have been given the chance to experience this with the group.

Testimony from
Annie Tanner (right):

Cuidate is a good class. It’s good because it helps to build knowledge about HIV. We learned about both the male and female reproductive systems. Also, the teachers stress the importance in understanding what makes us vulnerable to HIV.
GRADUATION COUNTDOWN!!!

IMPORTANT!!!
ALL CURRENT YPP STUDENTS SHOULD KNOW THAT...

there are only \textbf{129} days (as of 2/4) left until GRADUATION. We know \textbf{YOU} are more than capable of obtaining your GED before this date.

Come to school everyday, study hard and try your \textbf{hardest} each and everyday.

We know \textbf{you can do it}! Your name belongs on a

\textbf{YPP HOLLYWOOD STAR!}

SAVE THE DATE:
THURS., JUNE 20TH, 2013
Una amiga es...

Autora: Yesmí Pérez  Springfield YPP

Una amiga es alguien que para ti es tu confidente, la persona que está contigo en las buenas y las malas. Es quien nunca te deja sola. La que te apoya, la que es honesta contigo. Para mi una amistad debe ser una persona que nunca se burle de tu amistad.

Un amigo debe ser esa persona que uno realmente confíe porque la amiga verdadera siempre está para uno. Cuando nadie esté, esa amiga verdadera, estaría ahí contigo. Esa es la persona que verdaderamente puede llevar el nombre de AMIGA.

Una amistad sincera está para lo que necesites. Es como una más de tus hermanas en quien tú confías. Es la persona que siempre te escuchará, la que te ayudará y la que nunca lo dirá no. Esas personas si se merecen recibir de ti lo mismo. Yo tengo a mi amiga del alma quien es la mejor confidente que yo he podido tener.

Amiga, gracias por existir.

Es Difícil

Autora: Karina Félix  Springfield YPP

Lograr lo que quieres sin ayuda
Ser madre soltera ¡Pero no imposible!
Conseguir trabajo si eres menor
Querer darle lo mejor a tu hijo y no poder por simples razones
Depender de una persona cuando quieres ser independiente
Demostrarle al mundo todo lo que puedes hacer
Enseñarle a tus hijos que no todo es maldad y crueldad
Aprender que nada esta mal cuando te tropiezas, caes y te levantas otra vez.
¿Sabes que?
Cuando te propones algo y das el 100% de tu sacrificio, al final nada era tan difícil como lo veías.
REINA DE LUZ

Escrito por: Karina Félix Springfield YPP

La historia de Santa Lucía es una leyenda. Lucía significa luz. En Suecia se conoce mucho sobre esta leyenda ya que fue donde comenzó todo. En Suecia, al comenzar el invierno no sale el sol hasta cierto día o hasta el final del invierno. El Día de Santa Lucía es cuando llega el sol con su luz. Muchas personas piensan que la luz significa felicidad. Lucía le trajo la felicidad a muchas personas por eso se le conoce como Reina de Luz.

Ella regresa todos los años al final del invierno. La celebración comienza en los hogares. Lucía lleva puesta una bata blanca, una plante verde con frambuesas rojas en la cabeza. Santa Lucía es tan especial en Suecia que se celebra en las escuelas, hospitales y oficinas. Ella es tan popular como Papa Noel. La Reina de Luz promete el regreso del sol al final de cada invierno.

“La Reina de Luz promete el regreso del sol al final de cada invierno.”

Dibujado por: Ashley Laureano Springfield YPP
Cuento: Reina de la Luz
Por: Judy Williams
Traducido por: Sonia M. Brownridge
Students of the Month

Ms. Sandra’s class...

Student of the Month is Rosa Cedeno. She is 19 years old and is expecting her first child (a boy) in March. Rosa has been a student at YPP since January 7. Within that short time, she has made a good impression on many people. Her positive attitude and her genuine interest in learning from others have contributed to her earning the respect of other classmates. She demonstrates teamwork when participating in group activities and was recently selected to participate in the seven-week program of Cuidate. Rosa has effective communication skills and is open to feedback from others, and she expresses her opinion in a constructive manner. She is scheduled to take the GED test on April 10 & 11.

Congratulations, Rosa!

Ms. Iris’ class...

Student of the Month is Yesmi Pérez. She is 20 years old and has a 4 year old daughter. Yesmi attends class regularly, completes all of her assignments and is a pleasure to have in class. She is in the process of being registered to take the GED test. She hopes to become a medical assistant once she obtains her GED.

Congratulations, Yesmi!

En español...

Estudiante del mes es Yesmi Pérez. Ella tiene 20 años y tiene una hija de 4 años. Yesmi asiste a clase regularmente, termina todas sus asignaciones y es un placer tenerla en la clase. Ella está en el proceso de registro para tomar el examen de GED. Ella desea trabajar como una asistente médica después de obtener su GED.

¡Felicidades, Yesmi!

Ms. Karen’s class...

Student of the Month is Madeline Berthiaume. Madeline has just completed her first month here at YPP. Since her start, she has been extremely active in class participation and has had spot-on attendance. Her performance levels are out of the world, especially in math and reading. Keep up the good work. You are truly on the road to success!

Congratulations, Madeline!

Ms. Katelyn’s class...

Student of the Month is Marilyn Martinez. Marilyn is eager to pass her GED, and is doing everything in her power to do so. This includes coming in early and asking for extra homework. Her goal is to one day go to college and become a Pathologist. I look forward to helping her pursue this dream.

Congratulations, Marilyn!

Ms. Milly’s class...

Student of the Month is Karina Barreto. Karina is an excellent student always helping others. She is a wonderful mother of 2 year old, Michelle—a beautiful and very SMART little girl! Karina also participated in “The Real Life of a Teen Mom” which was developed by Ms. Katelyn and we are extremely grateful for her participation and making that possible! Karina always completes all of her coursework and homework.

Congratulations, Karina!
**COPRORATION FOR PUBLIC MANAGEMENT**

Young Parents Program  
1628-1640 Main Street, 3rd Floor  
Springfield, MA 01103  
Phone: 413-272-2341  
Fax: 413-214-6019

Young Parents Program  
205 High Street  
Holyoke, MA 01040  
Phone: 413-315-6161 Ext. 14 or Ext. 17  
Fax: 413-315-6147

Young Parents Program  
90 Federal Street  
Greenfield, MA 01301  
Phone: 413-475-1547  
Fax: 413-774-2210

**THANK YOU!**

Where your success is our priority!

YPP

**REMEMBER:**

Springfield Pregnant and Parenting Teen Project (SPPTP) visits YPP weekly. If you’re not already signed up and need more information about it, see Sally. The schedule is as follows:

- Tuesdays: Brice (Tutoring) & Lucy (Therapist)
- Wednesdays: Ruth (Nurse)
- Thursdays: Brice & Lucy

**GET READY!!!**

**Couples’ Cuidate Workshop**  
**Wed. 2-6-13**

During the month of love and friendship, YPP will be hosting a workshop for couples on the necessary precautions that need to be taken in relationships. This workshop will be full of fun, raffles, and refreshments.

*Good Luck to the Following Testers:*  
**Wed. Feb. 6th and 7th:** Kayla DeWolf and Lydia Vazquez  
**Thurs. Feb. 7th:** Desiree Diaz, Angelica Garcia, Jeliam Perez, and Crystal Valentin  
**Wed. Feb. 13th and 14th:** Kelsey Babineau, Leasy Garcia, Carmen Ortiz, and Aidalee Quinones

**SAVE THE DATE!**

Teen Lobby Day  
will be on Thurs., March 28th!  
2013!

**Upcoming Events**

- **Tuesday, February 5th:**  
  *The Real Life of a Teen Mom* Video Kickoff  
  from 4:30PM to 7:00PM in the New England Farm Workers’ Council Building at 225 High Street inside of the 1st Floor Conference Room. Dinner will be provided.  
  **EVERYONE IS INVITED!!!**

- **Wednesday, February 6th:**  
  **Cuidate Couples’ Workshop** from 2:30PM to 4:30PM at 1628-1640 Main Street, 3rd Floor.

- **Thursday, February 14th:**  
  ✿ Valentine’s Day! ✿

- **Monday, February 18th:**  
  Presidents’ Day