

APRIL 2019

## Healthy Friendships

Friends have a huge impact on your happiness. Good friends relieve stress, provide comfort and joy, prevent loneliness and isolation, and even strengthen your health. But close friendships don't just happen.

To have good friends you must be a good friend. Here are some of the ways good friends treat each other:

- Good friends listen to each other
- Good friends don't put each other down or hurt each other's feelings
- Good friends try to understand each other's feelings and moods
- Good friends help each other solve problems
- Good friends give each other compliments
- Good friends can disagree without hurting each other
- Good friends are dependable

**April is Healthy Friendship Month**



Friendship  
is not a big  
thing...it's a million  
little things

Students, Parents, and Families, please feel free to contact us by email or phone with any questions.

### Programs and Events

#### **Smash Summer Experience for Girls**

Grade 7

Summer Math Applications in Science with Hands-on Experience for girls entering 8th grade. July 15th-19th at Rochester Institute of Technology. Register online at [www.rit.edu/science/smash](http://www.rit.edu/science/smash) by May 31st.

#### **Cherly Speranza Leadership Institute**

Grade 8

Scholarship program at Our Lady of Mercy for rising 9th graders. Visit <https://www.mercyhs.com/academics/cherly-speranza-leadership-institute> for more information or contact Sharitta Gross at [Sharittag@yahoo.com](mailto:Sharittag@yahoo.com) for more information.

#### **PathStone Youth Mentoring Program**

Ages 14-17

A program to assist youth with grades, attendance, life skills, planning for life after high school, learning how to live a healthy lifestyle and much more. For more information contact: Katie Malik, Mentor coordinator at [kmalik@pathstone.org](mailto:kmalik@pathstone.org) or 585-340-3718 or visit the office located at 15 Prince Street.

#### **STAR Sisters Together Achieving Results**

Grade 9

Local mentoring program, mission is helping young woman succeed. Visit [www.sisterstogether.org](http://www.sisterstogether.org) for more information and to apply.

#### **S.W.A.T (Spreading Wellness Around Town)**

Ages 14 and up

SWAT is a youth council that meets each week with community leaders, and other professionals to talk about topics and issues that youth care about. SWAT is a way for youth voices to be included, and heard.

Contact Ms. Bianca Logan at (585) 753-2638 for more information.

### Academic Assistance and Tutoring

#### **Urban League Afterschool Academy**

Grades 7-9

Academic program focused on preparing students for college, work, and life. For more information call (585) 325-6530 ext. 3049.

#### **Boys & Girls Club**

Grades 7-9

Afterschool program focusing on Homework Help, Sports, Arts.

Email [cwatson@bgcrochester.org](mailto:cwatson@bgcrochester.org) or call 585-328-3077 for more information.