

....where youth have HOPE!!!

Zena's House, Inc.

FALL 2018

ZENA'S HOUSE WOULD LIKE TO THANK

Our 2018 Donors

Amazon Smile * Gloria Britten * Bernice & Jerry Bronson * Dr. Surjit Chandhoke * Kizzie & Thomas Crawford/Distinguished Realty * Teresa Doniger * Dr. Andrea Francis * Riah & Amina Greathouse - Greathouse Trial Law * Tranel & Ed Griffin * Cindy Givens * Rebecca Gyasi * Dr. Melissa Hagan * Dr. Ingrid Hall * Gale Hill * Rodney Jackson * Hanifah Kambon * Shelbia King * Dr. Stacey Kontoh * Kortney Lewis * Dr. Natasha & Dorwyn Lyles * Dr. Joseph Oppong * Frank Payne * Shareka Reed * Kimether & Brandon Redmon * Ellen & Alston Richardson * Donna Scoggins * Theresa Story - Likely Story Financial Group * Francis Tannor * Dr. Chyree Thomas * Adrienna Vail * Dr. Mary White **

Monthly Contributors:

Dr. Andrea Francis * Ms. Rebecca Gyasi * Dr. Melissa Hagan * Theresa Story/Likely Story Financial Group * Dr. Natasha Lyles * Dr. Joseph Oppong Jr. * Jerry & Bernice Bronson * Dr. Surjit Chandhoke * Francis Tannor **

Welcome our new monthly donor for 2018! Teresa Doniger - Cura Counseling

Partners in Education and Youth Development

Fulton Schools College and Career Academy * South Fulton Arrow Youth Council * Distinguished Young Ladies (DYL) * Get to Work * What's in your Hands? * Creekside High School **

We are missing YOUR name! Join our growing list of supporters!

Donate today PayPal on at www.Zenashouse.org

amazon smile Shop smile.amazon.com and select Zena's House as your charity! (Amazon will donate a percentage of your purchase to ZH) You shop. Amazon gives.



Zena's House, Inc. Where Youth Have HOPE!

Zena's House is a non-profit youth development organization that provides tutoring, life-skills workshops and exposure trips for middle and high school students in metro Atlanta.

Our vision is to instill hope in youth through education, life-skills workshops, exposure, encouragement and love—ultimately to see youth so full of hope whereby they know and believe nothing shall be impossible to them!

Let's Get College-Ready!

At the request of students and parents, Zena's House and Distinguished Young Ladies (DYL) partnered to host our first Let's Get College-Ready workshop. The goal was to help students and parents understand the college application process and how financial aid works in more detail. Our panel speakers were Arlena Brown, Kimberly Searcy and Bretta Carithers of Student First Consulting; Barbara Stallings with LFE Institute; Chaunta Flucas with Get to Work and Dr. Fontella Jones, Creekside High School Guidance Counselor. Unfortunately, our Scholarship 'expert', Gates Millennium Scholarship recipient and Morehouse man, Jarrell Jordan, was unable to attend the workshop as planned. However, we were able to briefly discuss and share his website details which provides a wealth of information on scholarships. Visit jarrelljordan.com. The panel presented on financial aid, resumes, role of the counselor, student responsibilities and college application tips.

Board of Directors

Bernice B. Bronson, MPH President

Riah Greathouse, Esq Chair

Natasha Lyles, PhD Secretary/Treasurer

Rodney Jackson

Mailing address:

PO Box 262 Union City, GA 30291 Phone: (678) 665-6506 www.zenashouse.org

After a brief question and answer session, we moved into our working lunch. During this time, students received an action plan to assist with their college application process. Our volunteers sat with the students and parents and discussed the action plan and offered insight and things to think through. The action plan included questions to help make their applications more competitive. Questions included, what was their profession of interest, what education was needed, how much the profession paid, list their volunteer activities, who would they seek recommendations from, did they have a "professional" email address, and if anything on their social media pages could cause them to be denied acceptance, etc. These are some areas our students and parents may not think about and can cause students to be less competitive or to lose opportunities.

Our volunteers included the ladies from Alpha Kappa Alpha Sorority, Inc. (Tau Epsilon Omega chapter serving East Point and College Park), Distinguished Young Ladies, Get to Work and Zena's House. Our evaluation results showed that all our participants enjoyed the workshop. We asked them to list some things they learned and it included the following: '529', 'the Common Application', 'to start early', 'don't try to take so many loans', 'mistakes students make', 'free money/scholarships', 'stop student debt', 'brag sheet', etc.

Zena's House is committed to providing timely and informative workshops to help students and parents make sound decisions that lead to success. For more information about DYL, please contact Kizzie Crawford - 404.907.9969; Student First Consulting, Arlena Brown - 404.934.2179 and Get to Work, Chaunta Flucas - 678.977.2466.



www.zenashouse.org 678.665.6506

Follow Zena's House



SOCIAL MEDIA: BENEFITS and DANGERS!

Zena's House (ZH) in partnership with Distinguished Young Ladies (DYL) and Get to Work hosted a Social Media: Benefits and Dangers workshop. The purpose of the workshop was to inform students and parents on how to use Social Media safely and protect themselves from the potential dangers. Our dynamic speakers were attorney Trinity Townsend, co-author of *When the Cops come Knockin*; Clinical Psychologist, Dr. R. Johnson-Verwayne of Standard of Care Psychological Services; Chaunta Flucas of Get to Work; engaged parent, Kizzie Crawford; Georgia State student, Zaakira Gallman and Morehouse students, Anfernee Morgan, and Jarrell Jordan.

We started the workshop with six short videos covering fighting, parents being sued because of their student's social media posts and how a student turned her bullying experiences into something positive. After discussion on the videos we held breakout sessions for the students and parents. Our college students presented on catfishing, scams, and using social media for good. Ms. Flucas spoke on how employers can review students' pages, make hiring decisions. She also spoke with parent about setting rules and guidelines for social media use. Mrs. Crawford spoke with parents on tips she and her husband uses with her 15-year-old son to include turning in his phone each night, mom reviewing his text messages and keeping communication lines open about school and friends. Attorney Trinity Townsend presented on social media crimes such as assaults, cyberbullying, and identity theft. Dr. R. Johnson-Verwayne discussed the effects of social media on our student's mental health and what parents should look out for and do. She also had an engaging conversation with students on the mental health effects of social media. Parents and students shared some insightful comments and asked many questions.

We also disseminated a parent handbook that covered tips to help their students stay safe, text acronyms and apps to beware of. Student and parents completed an evaluation of the workshop. They all enjoyed the workshop and learned many things to include 'parents are affected by teens social media behavior', 'everything on your social media pages reflect on you', 'spam accounts', 'keep your accounts private', and 'social media isn't all bad'. One mentor sent a message affirming the workshop: 'I just had to thank you again for inviting us to the Social media workshop. It was enlightening and informative. The girls talked about it all the way to their homes. This was much needed!'



BEFORE YOU POST... THINK!

- T** - is it true?
- H** - is it hurtful?
- I** - is it illegal?
- N** - is it necessary?
- K** - is it kind?

Zena's House is committed to providing 'much needed' information to keep our students safe and positioned for success! We would like to thank our speakers, volunteers, students and parents for supporting this workshop.

SPONSOR HIGHLIGHT: TERESA E. DONIGER, LPC



It is with great delight that I highlight my dear friend, Teresa E. Doniger. Teresa and I met in Washington DC in 1999 while we were both working at Bell Multicultural High School. Teresa was a fundraiser/grant proposal writer and I was the Teen Pregnancy Prevention Coordinator at the school. Teresa and I have remained friends ever since.

Teresa has a BA in Intercultural Studies from Scripps College, an MA in Latin American & Caribbean Studies from New York University, and an MA in Psychology/Marriage and Family Therapy from Phillips Graduate University. Teresa is the owner of Cura Counseling, LLC – a private psychotherapy practice in Washington, DC where she provides psychotherapy sessions to young professionals who seek support and assistance with addressing and managing life stage changes. She is also a grief and trauma psychotherapist at The Wendt Center for Loss and Healing, also in Washington, DC, where she provides counseling and support to bereaved and traumatized individuals and groups.

Teresa first began supporting Zena's House soon after the organization's inception. Teresa has historically provided financial and in-kind support (reviewing grants). We asked Teresa a few questions. **Why did you choose to support ZH?** Her response: "I initially chose to support Zena House because of my long-standing respect and admiration for the founder and executive director, Bernice B. Bronson." **What advice would you give to young people?** "One piece of advice I often share with young people is that I believe it is essential to our well-being as well as to one's success to be exposed to as many new things, people, places, languages, and cultures as possible." **How would you encourage those who think about donating but haven't yet?** "Something is always better than nothing. Even if we are unable, at this time, to write "big checks" we can typically afford a little bit here and there or as in my case, on a monthly basis."

We salute Teresa E. Doniger for her encouragement, financial support and commitment to Zena's House!

News and Announcements

Fulton County Community Service Program Grant: Zena's House has partnered with Camp Creek Middle School and applied for the Community Service Program Grant. This grant will allow ZH to provide tutorial and enrichment services to the school to help increase math and reading levels. If awarded, programs will start in January 2019.

Atlanta area Evaluation Association (AaEA). ZH was awarded the opportunity to work with AaEA to assist in helping improve our evaluation tools to better measure our impact. The group of evaluators have volunteered their expertise and time to work with ZH from August through November 2018. We are excited and thankful for their work.



Georgia State University Master of Social Work program: ZH was awarded another great opportunity to work with graduating social work students on a community project. The students will help us raise funds for our 15th anniversary and help us measure our impact. They will contact our ZH Alumni and measure the milestones our students have made since being in our programs. Students who were tutored or attended any of our college trips and workshops since 2006 will be contacted.



Zena's House turns 15 in 2019! Stay tuned for details on our 15th Anniversary Celebration Gala and Fundraiser.



Follow Zena's House



www.zenashouse.org

678.665.6506