



Youth Resiliency Committee

A Sub-Committee of the Los Alamos County Health Council

COLLABORATING TO BUILD
AN ENGAGED, CONNECTED, AND THRIVING COMMUNITY

JANUARY 2022

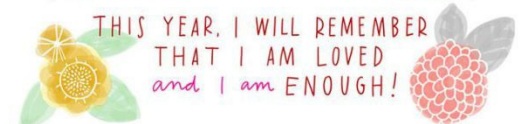
Our Vision: We envision a community where all adults are developing awareness and skills and all youth are becoming connected, engaged, and resilient.

Our Mission: We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and increasing access to services and activities in our local and neighboring communities. We aim to recognize and celebrate every community member and foster a sense of belonging for all.

We are a network of community partners who meet once a month to support one another and share collaborative resources and activities. For more information call 505-663-2263 or email k.coblentz@laschools.net. Previous editions of the newsletter can be found [here](#).



THIS YEAR, I WILL
I WILL LET GO OF _____
& EMBRACE _____. I WILL
HONOR MY _____ AND
LOVE MY _____. I
WILL STAND UP & SHARE
MY _____ WITH THE WORLD!



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Next YRC Meeting!

Monday, January 10th
from 9:30-11:00 am
at the Los Alamos Teen Center.
All are welcome to attend.



2021 - 2022 Activity Guide



LOS ALAMOS
where discoveries are made

Sign up
for the
family
challenge!





Resource Highlight

Opportunities for English Language Learners

A series of new and reoccurring adult English as a Second Language classes are available at a number of different times and locations to meet individual and family needs. Depending on the class, students have opportunities to improve conversation, writing, reading, listening and pronunciation skills. All classes are free and materials are available for student use. Classes held at FSN and Mesa Public Library welcome children. Please contact the organizations below for details.

Morning ESL at UNM-LA - Monday - Friday, various levels and times

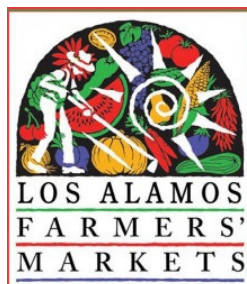
Afternoon ESL at Family Strengths Network - Mondays, 1:30-3:00 pm, Thursdays, 2:00-3:30 pm

Afternoon ESL at Mesa Public Library - Wednesdays, 1:00-5:00 pm

Evening ESL at UNM-LA - Multilevel class Tuesdays - Thursdays, 5:30-7:00 pm

Evening ESL Online - Intermediate class Mondays - Thursdays, 5:30-6:30 pm, ESL Citizenship classes Mondays - Thursdays, 6:30 - 8:30 pm and Saturdays, 11:30 am - 1:00 pm. Classes begin January 18, 2022. Contact JaneC181@unm.edu or check out the schedule at <http://losalamos.unm.edu/adult-learning-center/> for more information.

• Winter Market continues with curbside pickup Thursdays from 10am - 12pm. Sign up for weekly emails and pre-order details at this [link](#).



@ the Los Alamos History Museum,
1050 Bathtub Row

Selfie Day at the Museum

Wednesday, January 19th,
9:00 am - 5:00 pm
Celebrate #MuseumSelfieDay in the Los Alamos History Museum! Props will be available for fun photo ops. Post your selfies online and check out museum selfies from around the world.



Tip of the Month

Setting intentions is a powerful practice that can keep you on track and acting in alignment with your purpose. Try out these tips from **Minimalism Made Simple** for setting intentions for the New Year.

- Reflect on what you value.
- Write your intentions down daily, monthly, yearly.
- Revisit them each month.

Keep these guiding questions in mind as you begin to formulate your intentions:

- What is my why?
- Is it attainable?
- Will it have a positive influence on my life?

"And now we welcome the new year,
full of things that have never been"

- Rainer Maria Rilke