

Youth Resiliency Committee

Well-Being Through Awareness

A Sub-Committee of the Los Alamos Community Health Council

Our mission is to promote well-being for youth and their families by bringing awareness to issues, highlighting activities, and promoting resources in and around our community. **Our goal** is to focus on the needs of youth and their families.

We usually meet on the second Monday of every month. Due to the holiday, this month's meeting will be held on November 19th from 9:30 - 11:00 a.m. at the Los Alamos Teen Center.

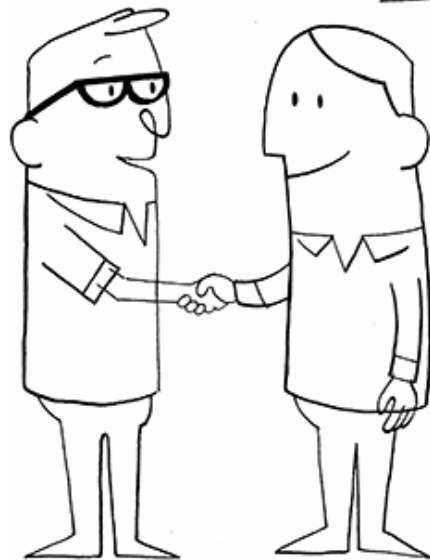
All are welcome to attend.

To be added to a mailing list for our newsletter or to suggest additions, please call 505-663-2263 or email k.coblentz@laschools.net. Previous editions of the newsletter can be found [here](#).

We highlight collaborative projects, activities for youth and families, as well as community services and resources.



November reminds us to be grateful!



Images from www.unstuck.com.

LAHS Food Drive

To benefit LA Cares
November 1 - 16, Topper Library
Campus Visitors -
Check in at the Front Office
Sponsored by
the Student Leadership Class



Board Games, Bowls, and Bread

A Fundraiser
for the Los Alamos Teen Center
Come have hearty soup/stew and
play some games!
Saturday, November 17, 12 - 6 pm



Food Collection

Community Resource Highlight

Throughout the year various local organizations collect shelf stable foods to support community members facing food insecurity. In New Mexico, nearly 17% of our neighbors are struggling to put food on the table. It is not always obvious who is at risk for hunger. Food distribution centers typically receive the most support around the holidays, but they continue to serve people every month and accept donations year round.

LA Cares

A small, independent organization which provides support to individuals and families in need. Monthly food distribution, emergency food boxes, and emergency assistance with rent and utilities for Los Alamos County residents. Call 661-8015 for more information.

Santa Fe Food Depot

A mobile food pantry is available to low-income residents on the 4th Friday of each month from 11:30-12:30, except holidays, in the parking lot at First United Methodist Church. Call 662-8068 for more information.

Some Suggested Donations:

Canned Chicken	Healthy Soups
Pasta Meal Helpers	Tomato Sauce
Baked Beans	Diced Tomatoes
Healthy Cereal	Peanut Butter
Rice	Canned Corn
Mac N Cheese	Healthy Snacks
Canned Fruit or Veggies	100% Juice

Walkup Aquatic Center Events

Dive In Movie - Incredibles 2

November 16, 7 - 9 pm

\$5 per ticket, includes popcorn and snacks

Doors open at 6:30 pm

Warm Water Weekend - November 17-18

10 am - 5 pm

Tip of the Month

Here are some practical tips from Unstuck for practicing gratitude:

Pause and Notice the Good

Keep a Gratitude Journal

Give One Sincere Compliment a Day

Vow not to Complain or Gossip

Join a Cause that You Believe In

Gratitude puts situations into perspective.

When we can see the good as well as the bad, it becomes more difficult to complain and stay stuck.

Gratitude helps us realize what we have. The awareness of what we're grateful for can lessen our tendency to want more all the time.

Gratitude makes us happier. Gratitude strengthens relationships, improves health, reduces stress, and, in general, makes us happier.

More info at: www.unstuck.com/gratitude/

Clothing and Small Item Swap!

Please bring gently used clothing and items to share and pick up something you need!

November 27 thru December 1

at Family Strengths Network

3540 Orange Street



**"This is a wonderful day,
I have never seen this one before."**

- Maya Angelou