

You might know that New Beginnings is home to Maine's Statewide Youth Action Board (YAB), a group of Youth and Young Adult Leaders who share lived experiences. What you might not know is that Kris, the Youth Action Board Specialist who supports the YAB, is also the Prevention & Training Coordinator at New Beginnings, and is the person responsible for the weekly COVID-19 Youth Updates. In both their roles, Kris promotes "walking the talk," or practicing the same skills and behaviors that Staff across all of New Beginnings' programming hope to see embraced by the Youth and Young Adults served, and this week, the topic is again about the practice of self-care. Yorri, a colleague of Kris', works with the National Network for Youth's (NN4Y's) National Youth Advisory Council (NYAC), another YAB, and she recently shared THIS BLOG POST about her experience with self-care during this pandemic, including lessons she learned through the profound insights of the Youth and Young Adults she works to support. Self-care has also been on the minds of the Maine Statewide YAB, so be on the lookout for acts of #YABtivism in and around your community (and on social media) over the Memorial Day weekend as messages of care and support are shared! Most importantly, don't forget to make time for your practice!

