

TEMPO
YOUNG
ADULT
RESOURCE
CENTER
68 HENRY
ST.
FRAMIHAM,
MA,01702
(508)
8791424

Keeping Up With Tempo

MAY 2012

Mother's day is a day to show our appreciation to our Mothers. I remember every year having to make the best card for my mom on Mother's day, or I'd look for hours around the neighborhood for flowers I could pick to give to her. When you're 5 or 10 or 13 years old you never really understand what Mother's day is about except that it's a day for MOM. When I became a mother to my son I knew exactly how my mother had felt. Being a young mom is hard but I wouldn't change any of it. I know my son depends on me for everything, and by keeping him healthy and safe, I get the greatest gift back from the happiness he brings me. Happy Mothers Day to all the moms. We have one of the most important jobs and its our day to receive the rightful appreciation.

Enjoy Mothers Day!

-Kate-Lyn Lodi

-Tempo Peer Mentor



**Congrats to Kate-Lyn Lodi
for recently obtaining her
learners permit!**

SHOUT OUT!

**Congratulations to Tim and Alyssa who welcomed their daughter
Victoria on Saturday April 21st!**

Intern Catherine will be attending Framingham State in the fall!

Juliette got a job with CQI (Consumer Quality Initiative)!

As we approach the month of Mother's day, and a special birthday, we'd like to give a special Shout out to the "Mom of CLINKS" Slightly older but far more wise than us peer mentors, she guides, motivates, and inspires us with her hard work and dedication. Rosario has been an important member of CLINKS since September, and her passion, innovation and positive attitude have brought new life to the outreach team. She is constantly coming up with new and creative ways to reach out to young adults, and will stop at nothing to help somebody in need. Rosario embodies the 'Link' between the outreach team and the community. She is a confidant to complete strangers, and will approach anybody (and everybody) in hopes of making that connection. Her easy-going and loving personality makes her a valuable outreach worker, and a joy to work with. So Happy Birthday Rosario and thank you for all that you do!



Successful Stress Workshop

Peer Mentors Jessiqua and Nick's stress workshop at TEMPO was a success. The attendees found the session very informative and they learned a lot of useful information. The session began with an overview of stress and the difference between positive and negative stressors. The group discussed the ways they currently deal with stress, and then talked about some new techniques for dealing with it. The group discussed how habits like sleep, diet, and exercise can influence stress, and how making time for fun can make a huge difference. After the discussion the group participated in a guided meditation and breathing exercise. One of the attendees found the meditation extremely effective and plans to revisit the relaxed state when overwhelmed or stressed out. He even plans to adjust the technique to make it a more personal experience. The group moved on to a writing exercise where they wrote down the biggest stressor in their lives and brainstormed ways to cope with or address these issues. The group leaders suggested that the goal for the month of May be to focus on this issue and work to alleviate this stressor. Overall it was a great session !



May is Mental Health Month, and for over fifty years Mental Health America has taken this opportunity to educate the public about the prevalence and impact of mental illness. MHA claims that 1 in 4 adults in the U.S. suffer from a diagnosable and treatable mental health condition, and encourages everyone to take action. Although treatment is available to anyone who is suffering, we all have the potential to make a difference. Mental illness is far more common than some may think, and its signs aren't always obvious. It is often a silent struggle that is faced alone. Mental Health America also uses this month to address the impact of traumatic events. They suggest asking the question "What happened to you?" Discussing someone's trauma is rarely this easy, but asking a question like this shows them that you care. Showing support and concern for others can lead to great things. So make a connection. Make someone feel special. Brighten someone else's day. And if you are the one suffering, reach out to others. You are never as alone as you think you are. Whether affected by trauma, suffering from mental illness or just going through a hard time, everybody has their burdens. During the next few weeks, be reminded that hurt feels the same to everyone. Give others the benefit of the doubt. Ask someone how they're doing and actually mean it. Give more hugs. Smile often. Remember that it always gets better and you are never alone.



**Join peer mentors
Nick and Jess this May
for a Mental Health Workshop!!**

The relationship between a mother and child
is a special bond in life
More cherished than a marriage
between a husband and wife.
A mother gives the world a gift
the day that she gives birth,
She is the only reason this beautiful child is on earth.
The loving title 'mother' isn't given, it is earned
And it's a journey taken, a lesson that is learned.
A mother can simply hug you
and brighten your whole day
And hold you and kiss all your problems away,
She keeps her children loved
and makes sure they're protected.
But often times her hard work is unseen or neglected.
Mother's day's a time to appreciate your mom,
It's a day for you to make sure
that she's relaxed and calm.
Other days may go by as nothing but a blur
So let's make this day is extra special just for her.

Happy Mother's Day to all Moms!
From,
The Newsletter Staff



Tempo's Hours

Monday and Wednesday 9am-8pm

Tuesday, Thursday and Friday 9am-5pm