

# Summer 2015 Newsletter



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## Executive Directors Address



While some may think of True To Life Foundation as a social service program, I view it as a ministry. It is representation of having the willingness to obey the commands that God has placed in my soul.

True To Life Foundation is built on Christian principles of service, love and respect for humanity. With God's continued blessings, we will carry on and continue to reach and serve those who need our services and prayers.

Velinda Alexander  
Executive Director

## About Us

True To Life Foundation is a nonprofit organization committed to the operation of youth and family programs that empower Chicago communities. True To Life Foundation strives to provide and advocate for the safety, education and development of our inner city children.



## Our Mission

*The mission of True To Life Foundation is to promote competent, complete and creative families through education, crisis intervention, and restoration.*

## True To Life Foundation Spotlight

### Life of a Child

True To Life Foundation is a nonprofit organization that focuses on providing programs and services for Chicago land families. Our services focus on crisis intervention, parent education, and parent support groups which foster positive self-awareness. True To Life Foundation empowers families through our guided parent child interaction in the home visiting program. The purpose is to encourage early childhood education in high risk and low income families.

The ultimate goal of True To Life Foundation is to empower parents to be leaders and to make positive impacts in their families and their communities. The four major components of services provided to participating families include home visits with the parents, child and direct service provider group meetings about early childhood developments, developmental screenings for young children, and linkages and referrals to community networks and resources. These components allow for a comprehensive social service program that reflects the promotion of nonprofit resource management and community integration.

## Program Updates

True to Life Foundation has a new site!



### Theodore Roosevelt High School

This school based site is headed by newly acquired Parent Educator, Justina Tvergara, former intern with TTLF.

### True To Life Community Groups

Each month Parent Educators host a workshop at their school based site which focuses on the needs and support of our teenage parents. The goal of each month is to present a topic that creates improved parenting skills as well as provide information on related social support skills. The focus for the month of April is on "Prevention of Child Abuse/Neglect." Next month, Parent Educators will be focusing on "Discipline/ Anger Management."

These groups run in tandem with our larger Community Groups which seek to bring our clients together in a larger more diverse interactive sphere. The parents and their children come together to participate in arts and crafts as well as informational presentations based on the monthly topic.

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### True To Life Foundation Spotlight

#### Afterschool Program

True to Life is a state licensed afterschool program equipped with a computer lab with monitored online access, and a library. The afterschool program is a five day a week program that provides homework assistance, recreational, artistic, and creative development. The program will be coming to an end to coincide with the last day of school which occurs Friday June 29<sup>th</sup>. Registration for next semester's program will occur in July of 2015; more information will be provided closer to the date.

#### Summer Camp

Our Sizzln' Hot Fun Summer Program will kick off this year in June. The seven week long summer program provides a full day summer camp experience for school age youth, ages 5 to 14, in the Chicagoland area. Summertime at True To Life Foundation renders a fun, loving, and educational learning experience. We aim to stimulate and cultivate the interests within our children, and increase their opportunity for cultural expose to. The theme for this year is *Myself and The World Around Me*.



The campers will participate in weekly bowling tournaments, field trips to the city museums, the city's police and fire department and more. As an incentive of participation, through our partnership with Chicago City of Learning, the campers will be able to obtain badges. These badges are a representation of their learning pathways and an indication of their achievement.

To learn more information about our Summer Day Camp or to enroll your child in our fun and enriching program, please contact True To Life Foundation main office at 773.374.7046.

### Girl Scouts

True To Life Foundation has teamed up with the Girl Scouts of Greater Chicago and Northwest Indiana to continue the vision of founder Juliette Gordon Low.



Through enriched experiences such as field trips, sports, skill-building clinics, community outreach, cultural exchanges, and environmental stewardships, TTL and the volunteers of Troop #20389 will be able to support and encourage our girls as they grow and become courageous and strong individuals.

If you would like to gain more information in admitting your daughter to become a Girl Scout, please contact True To Life Foundation main office at 773.374.7046.

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### Play Group Series

Introducing True to Life Foundation monthly series *Come Play with Me*. This will be a FREE monthly interaction based group setting seeking to strengthen and improve the bond and relationship between parent and child. Activities include:

- Playtime Activities
- Parent Support
- Techniques designed to encourage positive growth and development
- Light refreshments will be provided
- Open to all parents and children ages 0 – 3.



**For more information about our play groups or to register to one of our upcoming play groups contact the office at 773.374.7046**

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### Teen Shift Mentor Program

True To Life Foundation is excited to kick off our Teen Shift Mentor Program on Wednesday April 22<sup>nd</sup>, 2015 at South Shore International College Preparatory. We are looking forward to improving the positive perspective of the participating teens with workshops, mentoring, and homework support.

The mentor program is currently in their recruitment phase. Therefore, if you would like to become a mentor, please send your resume and cover letter to [hr@ttlfoundation.com](mailto:hr@ttlfoundation.com) with *Teen Shift Mentor Position* as the subject title.





# Community Spotlight

## True To Life Internship

For the past two years True To Life Foundation has been in partnership with Perspectives Charter School Internship Program. The internship program enables junior students of Perspective to gain hands on experience within a professional setting. The objectives and vision of the Perspective Internship Program is to inspire students to work towards higher academic achievement through exposure to the professional world, and to teach students of the basic protocol used in a professional arena.

This year True To Life continued to carry on that vision by hosting a junior intern. The junior intern was able to experience an in depth view at children and family social services as it relates to program implementation and direct services. The intern was also able to experience firsthand the insight of what various careers are like by shadowing several True To Life professional staff members. Through exposure to a Home Visitor, Social Worker/ Case Manager, & Supervisor the intern was able reassess and map out the pros and cons and of her career interests.



“Being an intern at True to Life Foundation is a **ONE IN A MILLION EXPERIENCE**. My mentor showed me the working field and how things work on a day-to-day basis. I get a better **CHANCE OF EXPERIENCING MY CAREER** before I even settle down. Not only will you be able to learn more about what goes on in the office you are working in, but you will be able to see how a home visit and how caseworkers work. You will also learn what you like and don’t like. You will **GET A CHANCE TO FEEL THE STRUGGLES** and the **ACHIEVEMENTS** that True to Life make as a team not as one.”



*Leona Tyler, Perspective High School of Technology*

*... I love learning new things”*

“The program has helped me learn more about my child and how to care for her. My Parent Educator provides whatever I need and advocates for me and my family”  
*-Wahida, 16*

“I am learning how to keep myself safe and healthy for my baby. I have also benefited from the LOC program by practicing relaxing activities I have learned from my Parent Educator. I love learning new things about” *-Diana, 16*

*“... Advocate for me and my family”*

*T. Williams– Life of a Child Participant*

“After 3 years of True to Life involvement, many resource referrals, resumes and interviews we are beginning to make significant progress. Because of persistence Ms. Williams, mother of two boys, is gainfully employed. Ms. Williams is now looking to enroll in a GED program, more determined than ever to do what needs to be done. I’ve coached her through heartache and disappointments, spirits of discouragement and depression, and she’s focused.

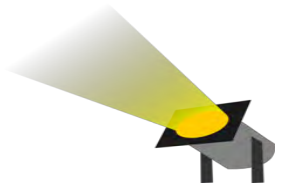
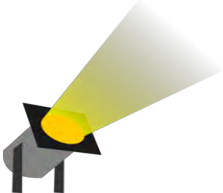
Case Manager served as a constant reminder of her goals that she set for herself.

Success story! Next steps include enrolling her oldest son in school.”

*April Marshall, Parent Educator*



*“I’ve coached her through heartache and disappointments....”*



# True To Life Foundation Calendar of Events

Come join True To Life Foundation on Friday June 26, 2015. From 5:00pm to 8:00pm TTL will be hosting a Wine



Tasting Fundraiser event. The event will be held at True To Life Foundation main office at 1712 E. 87th St. Chicago, Il. 60617. The objective of the event is to show our appreciation for our funders, community partners, board members, and staff for the continual support in carrying the mission of TTL. Furthermore,

the fundraiser will provide the funders, community partners, and board members first hand insight in the progress and success True To Life has made.

On Friday August 14, 2015 from 4:00pm to 6:00pm True To Life Foundation will be holding their annual summer Art Show event. The art show will display all the art the summer campers have created during their time in summer camp.



## Donate

You can pledge online at [truetolifefoundation.org](http://truetolifefoundation.org). Prefer to give by phone, call us at 773.374.7046 Monday through Friday from 8:30 a.m. to 5:00 p.m.

Supporting the Community  
Please support us in supporting  
our community!

## What You Can Do

There are several ways you can volunteer with us. We are looking for individuals of different backgrounds, experiences, and skill sets to help promote our greater mission and support the development of program participants.

Board Members provide an ongoing service in the development and direction of True To Life Foundation. They act as a valuable resource in our community involvement and in furthering our overall mission!

Volunteer!

BECOME A BOARD MEMBER!



**Thank you for your continued support and we appreciate your generosity!**