

**BELIEVE IN
YOURSELF**

EMPOWERED FOR GREATNESS

Volume 3, Issue 1

February 29, 2016

EYI- AWARDED 1st Barbados NISE Community Ambassadors for 2015.



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Special points of interest:

Please look out for our newsletter every quarter!

All information about EYI and its events can be found on our website empoweryouthint.org.

Donations can be made directly to Empower Youth International account at the Bank of Nova Scotia .

Empower Youth International was selected as the 1st Barbados National Initiative for Service Excellence (NISE) Community Service Ambassadors for 2015. The Founder and Director, Franz Harewood-Hamblin and Troy Hamblin the Director of Finance were presented with a certificate from NISE honoring their achievements as well as free training compliments NISE and a brand new tablet from Promo-Tech. CITA 90.1 FM.



EYI directors Franz & Troy Hamblin awarded for their community service in the area of Youth development by the National Initiative For Service Excellence.

13 Young people complete EYI programme

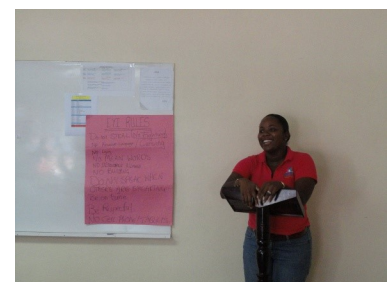
Empower Youth International continued with its enriching sessions aimed at helping youth build empowerment skills in several areas. Some of the activities addressed in these sessions include:

- Choices;
- Mirror Image;
- Goal Setting;
- Assertive Skills;
- Who am I?

A range of speakers and volunteers from various fields including Social Work, Medicine, Accounting, Education and personal development were able to assist Empower Youth International in providing 11 young people with stimulating and thought provoking sessions that challenge stereotypes and provided youth with keys to develop high self esteem and team building skills. In addition, ways to make good choices in life. Participants in the programme shared their views on specially prepared videos on EYI's website that is: empoweryouthint.org and on [facebook.com/eyint](https://www.facebook.com/eyint). Check it out!



Mr. Errol Griffith of Free Mind Institute speaks to EYI participants on choices.



EYI volunteer Mrs. Katherine Alleyne speaks to participants on Mirror Image.

Christmas Holiday Outreach Session

Empower Youth International team and participants took part in an outreach project in December. The group decorated the Pediatric ward during the Christmas Holiday Season, in an effort to spread love and joy to the hearts of the kids on the ward. The pictures to the left shows EYI team as they decorate the Pediatric ward.



HIV and Aids Training Session

Members of Empower Youth International engage in training session on HIV and AIDS at Barbados Red Cross Society. HIV/AIDS happens to be one of the major fatal sexually transmitted disease affecting many persons within the region and beyond. It has many implications on the lives of individuals and without proper knowledge of its effects, many persons continue to spread the fatal disease. AIDS (Acquired Immunodeficiency Syndrome) is caused by the Human Immunodeficiency Virus (HIV), which weakens and then destroys the body's immune system.



EYI's Financial Director (Troy Hamblin) at HIV training session at Barbados red Cross Society.

EYI's Director Franz Harewood Hamblin (first person on the left) at HIV training session.

Effects of Cyber-bullying on Youth

Social media along with the use of cell phones and other devices serves as an avenue for many youth to communicate and interact with each other. However, although social interaction may have many benefits, there are also some negative outcomes which include: Cyber-bullying. This occurs in the form of harassing text messages and derogatory posts on children's Face book, Twitter and other social accounts. Even though such acts do not take place in person, it could leave some emotional and psychological effects which are very much destructive. Some of these effects left on the youth include **anxiety, loneliness, depression, unhappiness** and **poor sleep habits**. Research shows that victims often feel the need to conceal the fact that they are bullied and as a result many of these negative effects go unnoticed. In order to prevent Cyber-bullying, parents must become actively involved in their children's cyber lives ensuring that this problem does not become a significant hurdle in their child's development. It is also important that they create safe places for their children to get away from Cyber-bullying.

Upcoming Programmes

- Launching of Youth Empowerment Series
- Award's Ceremony (first Saturday in May)
- Youth Retreat in July (3 days)

"A mentor is someone who allows you to see the hope inside yourself. A mentor is someone who allows you to know that no matter how dark the night, in the morning joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view." Oprah Winfrey

OUR HISTORY, OBJECTIVES & COMMITMENT

OUR HISTORY

Empower Youth International (E.Y.I) is a registered non-profit organisation which was founded on November 2, 2012 by social worker Mrs Franz Harewood-Hamblin to serve at risks youths between 5-17 years old. As incidences of youth violence increase, the founder of **E.Y.I** felt compelled to create opportunities for young people to be empowered emotionally, intellectually and physically. **E.Y.I** is committed to using skilled volunteers and professional staff to implement various prevention programmes and assist youth in reaching

OUR SLOGAN

“Empowering youths, impacting communities”

OUR OBJECTIVES:

1. To provide valuable learning opportunities, aid and support.
2. To establish, operate and promote Empower Youth International nationally and internationally
3. To establish or assist in the provision and promotion of

social and educational programmes for vulnerable children.

4. To build supportive and collaborative links with social agencies, organisations and individuals with similar aims.

OUR COMMITMENT

- Encourage Youth Advocacy
- Enhance youth coping skills
- Decrease juvenile crimes and deviant behaviors



VOLUNTEER OPPORTUNITIES

Volunteers not only provide Empower Youth with needed human services, but volunteers allow us to offer a more compassionate service to vulnerable children we serve in developmental and recreational programmes.

In return, we strive to provide all of our volunteers with a rewarding experience that matches their interests.

Volunteer Opportunities Include:

Volunteer Opportunities Include:

- **Volunteering** for our Events or Drives.
- **Tutors/Mentors** (to children 6-17years (Background checks required)

- **Office Support** Help with website, facebook , newsletters)
- **Counsellors** (Help provide one to one counselling or group counselling(BS. in Social Work / Psychology).



Special Thanks

We would especially like to thank the **Pediatric Ward** for allowing us to decorate the ward and spread joy to the hearts of the kids on there. Additionally a special thanks to the **New Testament Church of God** for use of the facilities , also to **Wibisco** for sponsoring EYI's projects and Programmes. Special thanks also goes to the volunteers who gave their time and resources to ensuring the programme was successful and that the youths were pro-



vided with reliable and good mentorship during the sessions. A special thanks to the parents, speakers and participants for

their support and contribution to the programme. **Special thanks to Businesses such as:**

- **Purity**
- **Brydens**
- **Carter's General Store**
- **Cave Shepherd**
- **CDD**
- **Cost U Less**

Empowered for Greatness Newsletter

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Empowering Youth, Impacting Communities

We are on the web check us
out at empoweryouthint.org

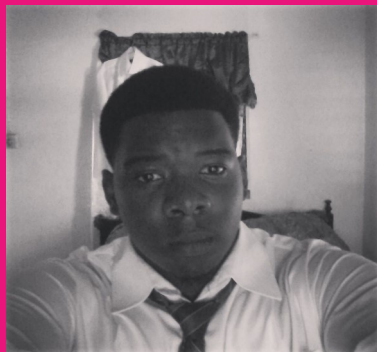


WHY CHOOSE EMPOWER YOUTH INTERNATIONAL?

Advantages for young people:

- Offers young people opportunities for leadership development
- Young people will develop important interpersonal skills.
- Young people will acquire self-confidence and self-esteem.
- It can help reduce the risk of being involved in unsafe activities such as using illegal drugs.

SOME OF EYI'S VOLUNTEERS PROFILES



Christon Herbert studies Political Science and Law at the University of the West Indies Cave Hill Campus. He enjoys playing football and going to church. He likes EYI because it gives members the opportunity to interact with kids and their attitude to learn and get information according to him, is extremely amazing.



Kimberly Maynard is a missionary from the Church of God and the holder of an Associate degree in Political Science and Accounting/ She is a Sunday School teacher and spends most of her time working with young people in her local assembly.



Eddie Rodney is a second year student at the University of the West Indies Cave Hill, pursuing his degree in Management with Psychology. His aim is to offer his time to young people letting them know that someone cares and that the world is not a bad place. According to him, that sense of hope should be a light keeping them on track. This is why he likes EYI.