



## Moving in to New Ground with Pride



When "Julia" came out as transgender to her family her parents disowned her. The 19 year old found herself homeless. Julia was referred to Friends of Youth's New Ground transitional living program. Soon, our Lead Case Manager realized Julia needed more support and referred her to another one of Friends of Youth's transitional living programs.

Julia was able to move in and with the extra support, she was able to stabilize and start identifying her goals, among them learning job readiness skills and finding employment she enjoyed. Julia was anxious about job interviews because she had very little work experience, but a Friends of Youth Employment Specialist taught her interviewing skills to help ease her anxiety.

Julia decided she wanted to pursue an internship at a local library to gain work experience. Mock interviews with our Employment Specialist helped her prepare and feel confident going into her interview. We are happy to report she got the internship!

Julia is working towards long-term housing and independent living goals and continues to receive weekly case management, life-skills development, and safe housing at one of Friends of Youth's New Ground transitional housing program.

June is PRIDE month and Friends of Youth recognizes the importance of supporting young people who identify as LGBTQ+. Our PRIDE flag flies high at our Kirkland Campus, and we invite you to join us at the Seattle Pride Parade on June 24th.

[To learn more and find other PRIDE Month activities visit our website.](#)

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## Farm to Friends

### Fresh Fruit and Vegetable Donations



**Help our kids eat more healthily this summer.**

Donate fresh fruit and vegetables and help our youth make healthy food choices. It's easy.

- Sign up to be a donor by emailing [volunteer@friendsofyouth.org](mailto:volunteer@friendsofyouth.org).
- Provide a variety of produce to our program sites that can be used over the course of a week.
- Coordinate with staff to find a time that you can deliver the donation directly to one of our program sites.

Suggested donations: lettuce, tomatoes, onions, bell peppers, cucumbers, carrots, corn, apples, berries, cherries, melons, peaches, or add any of your seasonal favorites.

Questions? Contact us at [volunteer@friendsofyouth.org](mailto:volunteer@friendsofyouth.org)

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## Foster Care & the Opioid Epidemic

President and CEO of Friends of Youth, Terry Pottmeyer, was interviewed by the Bellevue Reporter last month in an article detailing the need for more foster homes.

Terry told the reporter, "Many children come into care because of neglect rather than abuse, and the opioid epidemic has certainly had a role to play in the number of families that are not able to properly care for their children because of the heartbreak of addiction."

[You can read the Bellevue Reporter story here.](#)



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## Shop and Support Friends of Youth

Did you know if you shop through our [Amazon Smile link](#) then a percentage of what you purchase will go towards Friends of Youth. Check out our [Friends of Youth Wish Lists](#) while you are making your online purchases as well!



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## Keep In Touch with Friends of Youth

Love working with youth? Learn how you can [join our team!](#)

With so much happening at Friends of Youth, we have many ways for you to keep up with the latest news.

Sign up for our [quarterly newsletter](#).



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Friends of Youth

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