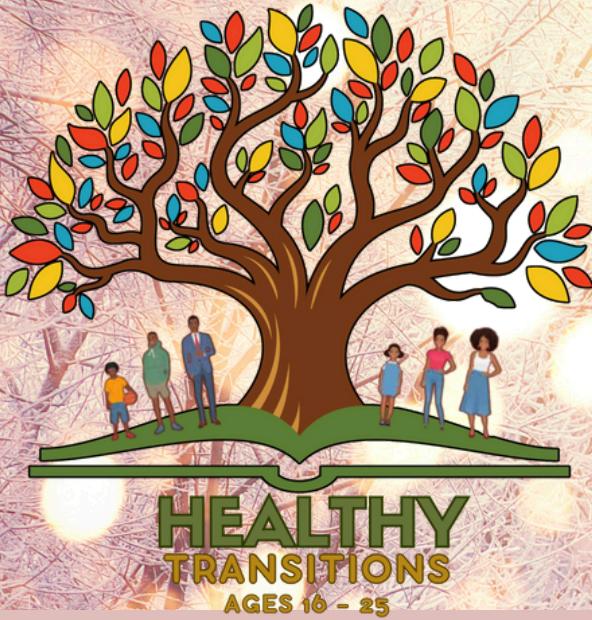


December NEWSLETTER

Sunday 30th December, 2025

Vol.3



HEALTHY TRANSITIONS MISSION STATEMENT

Healthy Transitions guides young people on their journey to adulthood by connecting them to stability, self-discovery, and growth. Through compassionate support and meaningful partnerships, we help youth strengthen their emotional well-being, build confidence, and create the foundation for a healthy, independent future.

PROGRAM PURPOSE SUMMARY

Healthy Transitions bridges the gap between youth and adult services by creating accessible, culturally responsive behavioral health supports for young people ages 16-25. Our goal is to foster resilience, self-sufficiency, and hope for those navigating mental health challenges, life transitions, or systemic barriers—ensuring that every young person has the tools to thrive and lead a purposeful life.

TOP NEWS

December 5th - Financial Literacy Shark Tank Challenge

December 11th - TeenLinks x Healthy Transitions Collab

December 19th - Financial Literacy Workshop

December 11th - 23rd Christmas Giveaway

Vaping Myth Busters

UPCOMING – JANUARY 2026

January 6th - Art Therapy

January 9th - Financial literacy Workshop

January 20th - Art Therapy

January 23th - Financial Literacy Workshop

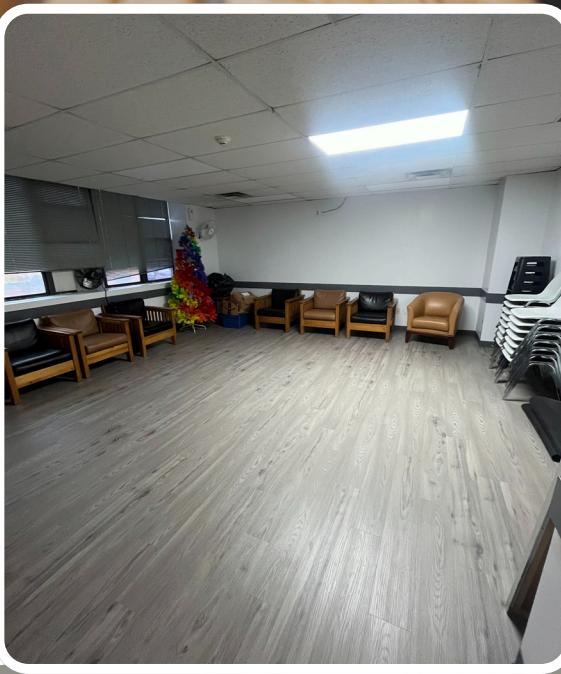
Ongoing - Program Expansion & Office Renovations

★ The Vision for Our Future

Healthy Transitions is growing inside and out! Our space is under renovation, and our team is reimagining how to make it more engaging, supportive, and youth-centered.

Although this grant has experienced changes, our commitment remains steadfast: to rebuild, renew, and continue making a real difference in the lives of young people. With passion and purpose, we're shaping a future where every transition leads to transformation.

We Are **RENOVATED!**



WE'RE EXCITED TO SHARE THAT OUR 2ND FLOOR RENOVATION IS OFFICIALLY COMPLETE! OUR CONFERENCE ROOM, COMPUTER ROOM, LOUNGE AREA, AND OFFICE SUITES HAVE ALL BEEN BEAUTIFULLY TRANSFORMED INTO WELCOMING, FUNCTIONAL, AND INSPIRING SPACES FOR OUR CLIENTS.

A HEARTFELT THANK YOU TO BRIAN MCGOVERN, OUR CEO, AND DIRECTORS AWILDA, COREY, AND DORINDA FOR LISTENING TO OUR NEEDS AND TAKING MEANINGFUL ACTION TO BRING THIS VISION TO LIFE. YOUR SUPPORT HAS HELPED CREATE AN ENVIRONMENT THAT TRULY REFLECTS THE HEART OF HEALTHY TRANSITIONS — GROWTH, INTENTION, AND NEW BEGINNINGS. AS PART OF THIS TRANSFORMATION AND REBRAND, OUR MAIN SPACES NOW PROUDLY CARRY NAMES THAT REFLECT THEIR PURPOSE:

- THE CONFERENCE ROOM → THE REFLECTION ROOM
- THE COMPUTER ROOM → THE ACHIEVEMENT ROOM
- THE LOUNGE AREA → CREATE & CHILL

EACH ROOM WAS DESIGNED WITH CARE, INTENTION, AND OUR CLIENTS' EXPERIENCES IN MIND. WE ARE INCREDIBLY PROUD OF HOW THE SPACE TURNED OUT AND LOOK FORWARD TO WELCOMING OUR COMMUNITY INTO AN ENVIRONMENT THAT SUPPORTS HEALING, CREATIVITY, AND SUCCESS. THANK YOU FOR BEING PART OF THIS JOURNEY WITH US — THIS IS JUST THE BEGINNING

MEET THE HEALTHY TRANSITIONS TEAM!

Our team is committed to impacting lives, inspiring hope, and promoting healthy change within our community. Get to know the people working behind the scenes to make transformation possible.



Tatiana Nazario

Youth and Young Adult Coordinator



TBA

LSW/LCSW



About Me

Hi, I'm Tatiana

Birthdate: December 19th

Zodiac Sign: Sagittarius

City: Newark



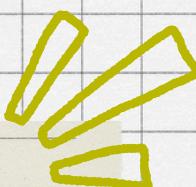
MY CAT!



I've had over 10 years of experience working closely with the community, supporting individuals, and families through compassionate, relationship-focused work.

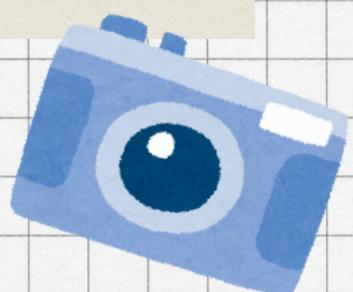
MY MOTTO

Create a life that you do not need to take a vacation from!



MY HOBBIES:

Collecting Crystals
Reading
Cooking



THINGS I LOVE:

Travelling
Animals
Shopping

Vaping

The Myths

- “IT’S JUST WATER VAPOR.” NAH — IT’S AEROSOL PACKED WITH CHEMICALS, METALS, AND NICOTINE.
- “VAPING IS HARMLESS COMPARED TO SMOKING.” LESS SMOKE DOESN’T MEAN SAFE; IT STILL COMES WITH REAL HEALTH RISKS.
- “YOU CAN’T GET ADDICTED FROM VAPING.” THE NICOTINE LEVELS IN SOME DEVICES ARE WILD AND EXTRA ADDICTIVE.
- “IT HELPS YOU QUIT SMOKING.” SOME PEOPLE STOP, BUT MANY END UP USING BOTH (DUAL USE).
- “IF IT SMELLS FRUITY, IT’S SAFER.” THE FLAVOR DOESN’T CHANGE THE TOXICITY — IT JUST MAKES IT EASIER TO INHALE.

The Facts

- NICOTINE IN VAPES CAN CHANGE BRAIN DEVELOPMENT IN TEENS AND YOUNG ADULTS.
- THE AEROSOL CONTAINS ULTRAFINE PARTICLES, HEAVY METALS, AND VOLATILE CHEMICALS.
- VAPES CAN INCREASE HEART RATE AND BLOOD PRESSURE IN THE SHORT TERM.
- SECONDHAND VAPE AEROSOL EXPOSES OTHERS TO CHEMICALS AND NICOTINE.
- LONG-TERM HEALTH EFFECTS ARE STILL BEING DISCOVERED — BUT LUNG INJURIES (EVALI) SHOWED REAL DANGERS.

The Mental Health Implications

- INCREASES ANXIETY SYMPTOMS.— NICOTINE SPIKES YOUR NERVOUS SYSTEM, THEN DROPS YOU, CREATING AN ANXIOUS CYCLE.
- MAKES MOOD SWINGS WORSE.— WITHDRAWAL BETWEEN HITS CAN MAKE PEOPLE IRRITABLE OR EMOTIONALLY REACTIVE.
- WORSENS CONCENTRATION LONG-TERM. — THE BRAIN STARTS DEPENDING ON NICOTINE FOR FOCUS, WHICH ACTUALLY WEAKENS BASELINE ATTENTION.
- HEIGHTENS STRESS.— PEOPLE THINK IT RELIEVES STRESS, BUT IT REALLY JUST FIXES NICOTINE WITHDRAWAL, NOT THE REAL STRESS.
- INCREASES RISK OF DEPRESSION.— NICOTINE CHANGES NEUROTRANSMITTERS TIED TO MOOD REGULATION, MAKING LOWS FEEL

Globally,
about 1.3
million new
people are
affected by
HIV each year

Total Living with HIV:
Around 40.8-40.9
million people.

WORLD AIDS DAY

A global health day for people to unite in solidarity, raise HIV/AIDS awareness, remember those lost to AIDS-related illnesses, and recommit to ending the HIV pandemic, focusing on prevention, treatment, and ending stigma



Our First Financial Literacy Workshop Event was a Success!



Andrew Scott Sr.
Financial Literacy
Specialist

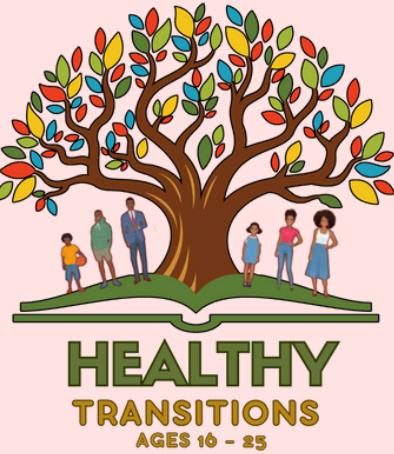
During our classes on December 5th and December 19th, Mr. Scott challenged our cohort to identify their money habits and personal values using their personal New Financial Literacy Pathway workbook. Using these first steps to guide them in designing their own business idea.

Reminding the participants that the person with the winning pitch will have their LLC registration paid for by Mr. Scott, along with ongoing mentorship as they grow their business ventures.





X



Freya Diosa- Cox
Peer Advocate

Bullying & Mental Health Workshop



This week's
topic was on....
The Hidden Wounds
**- Understanding the
Impact of Bullying
on Mental Health.**

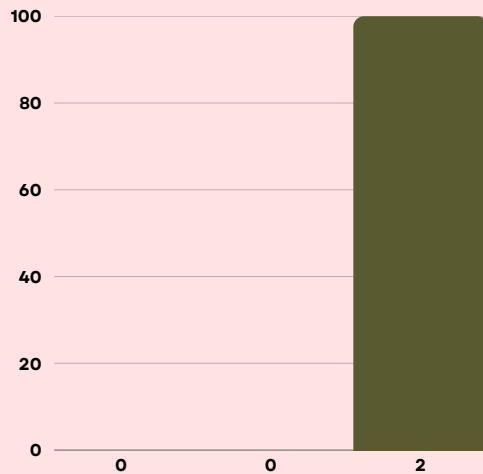


Healthy relationships and how to introduce safer sex practices.

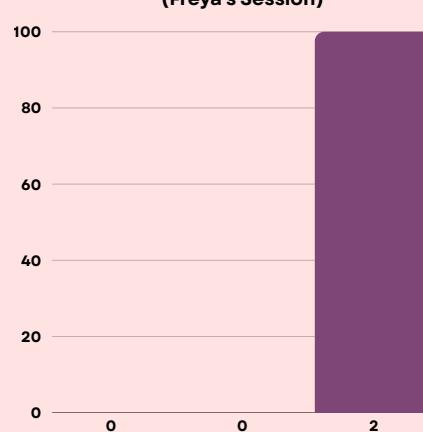
Due to a relocation our participation was down and a few of
our teens got lost in transit. After completing our
reconstruction Healthy Transitions programming
has returned to
393 Central Ave Newark NJ 07103



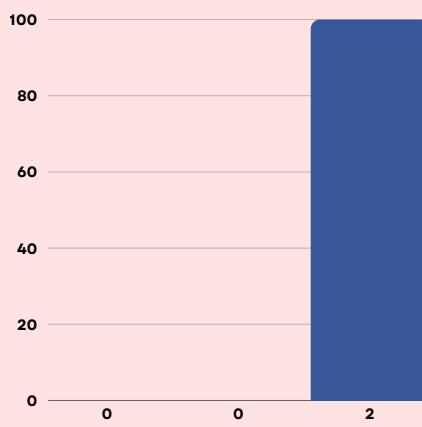
Overall, how helpful was today's presentation?
(Freya's Session)



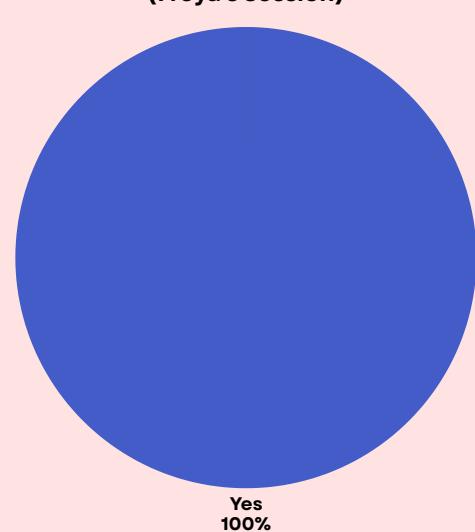
How clearly did Freya explain information about mental health?
(Freya's Session)



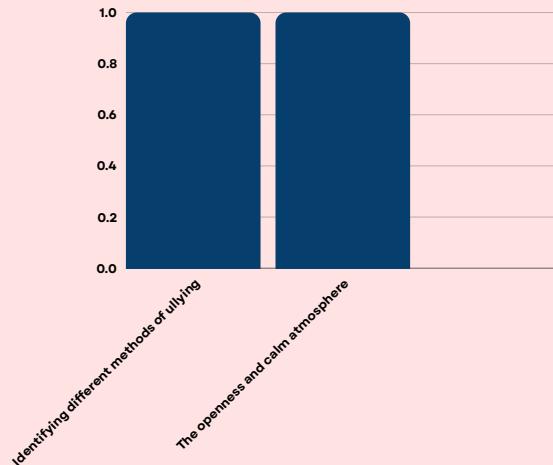
How clearly did Freya explain information about types of bullying?
(Freya's Session)



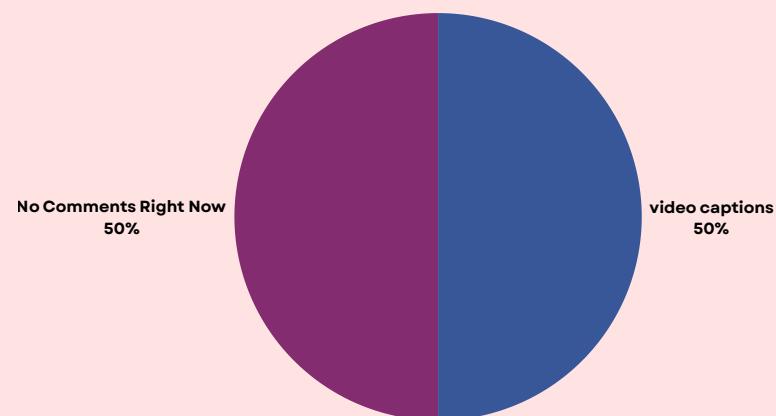
Did this presentation make you feel more comfortable asking questions about mental health or relationships?
(Freya's Session)



What was the most helpful part of the presentation?
(Freya's Session)



What could be improved for future presentations?
(Freya's Session)



ART THERAPY



JENNY GUN

Jenny Gunn is one of New Jersey's rising, up-and-coming artists – a true creative force whose work blends expression, healing, and imagination. Jenny has long used art as both her language and her therapy, navigating the world through color, shape, texture, and emotion. For her, art isn't just something you see – it's something you feel.



HEAL IN COLOR!

JENNUINE COLLECTION

In our upcoming workshops, Jenny will guide our clients through using art as a wellness tool, teaching them how to turn their personal stories into powerful visual expressions. Whether through brushstrokes, color choices, or tactile elements, she will show our clients how to process their experiences and transform them into something meaningful. In addition to her art workshops, Jenny will be leading our new cosmetology workshops as well – stay tuned for more information on that exciting addition. She is truly a Jill of all trades, bringing creativity and versatility to every space she enters.

NEWARK ARTS FESTIVAL

Now, about her art:

Jenny's signature pieces are vibrant, 3D glow-in-the-dark structures that seem to shift each time you look at them. Her work plays with light, shadow, and dimension, creating an illusion that invites you to keep exploring. Spend a little time with one of her pieces and you'll notice something beautiful – the artwork reveals itself in layers. What looks like one image at first glance transforms into something entirely different as you move, almost as though the piece is alive. Her colors are bold, electric, and full of energy, pulling viewers into a world where imagination leads the way.



Christmas

GIVEAWAY!

DECEMBER 11TH - DECEMBER 23RD

Celebrate the season with us!

You're invited to join our holiday giveaway full of excitement, joy, and festive surprises.

Participate by liking, sharing, and tagging us on social media for your chance to win awesome prizes — including wireless earbuds, a Bluetooth speaker, and more!



393 Central Avenue, 2nd Fl, Newark NJ 07103



**Announcing our lucky
winners in the New Year**



Mark Your Calendar



JANUARY

SU

MO

TU

WE

TH

FR

SA

4

5

Art
Therapy
4pm-5:30

6

7

8

Financial
literacy
workshop
4:30pm-
5:30pm

2

3

10

11

12

13

14

15

16

17

Sewing
Workshop

18

19

Martin
Luther
King Jr.
Day

Art
Therapy
4pm-5:30

20

21

22

23

24

Financial
literacy
workshop
4:30pm-
5:30pm

25

26

27

28

29

30

31

Sewing
Workshop

