

# OCTOBER NEWSLETTER

Friday 31st October, 2025

Vol.1



## **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**

**October 16th & 18th – Newark Collegiate Academy (NCA)**

**October 17th – GlassRoots Partnership Launch**

**October 24th – Financial Literacy Fridays Kickoff**

**October 25th – University High School: Real Love, Real Confidence**

**October 27th – Goode Education Group Workshop**

## **UPCOMING – NOVEMBER 2025**

**November 7th – Financial Literacy Shark Tank Challenge**

**November 15th – GlassRoots Presentation: Through the Fire: Turning Pain into Strength**

**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.

# 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.



**Naimah  
Tucker**

Program Director



**Freya Diosa-  
Cox**

Peer Advocate



**Daniel Amis**

Community Health  
Worker





# 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.



**TBA**

Youth and Young  
Adult Coordinator



**TBA**

LSW / LCSW



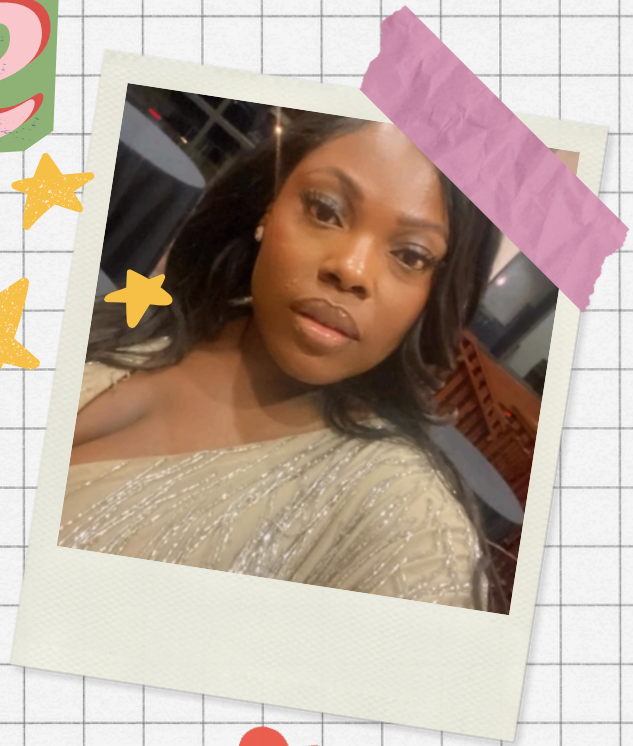
# About Me

Hi, I'm NAIMAH

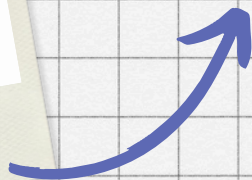
July 30<sup>th</sup>

Zodiac Sign: Leo

City: Newark



MIDNIGHT



I've been a therapist for 10 years specializing in youth and young adults. It's always been my life's passion and purpose

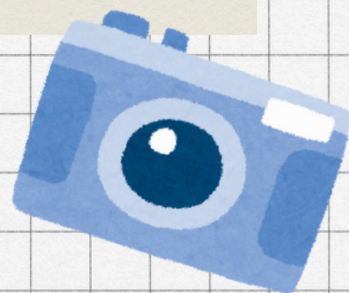
## MY MOTTO

Heal your inner child, heal the world



## MY HOBBIES:

Organizing  
Decorating Safe Spaces  
Traveling



## THINGS I LOVE:

Being a Doula  
Laughing  
Trying new food



# About Me

Hi, I'm FREYA!

December 18

Zodiac Sign: Sagittarius

City: Atlanta



I'm a certified Community Health Worker with over 5 years of experience helping black and brown LGBT youth to adults with acquiring resources across many different areas.

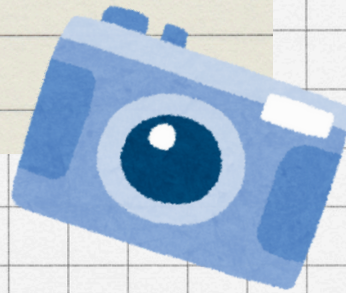
## MY MOTTO

Positive  
Energy  
Always  
Creates  
Elation



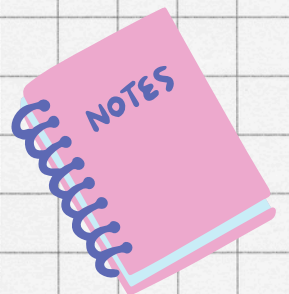
## MY HOBBIES:

Poetry  
Singing  
Makeup  
Modeling



## THINGS I LOVE:

Cooking for my Family  
Acting  
Musicals





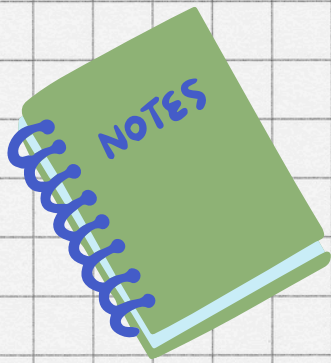
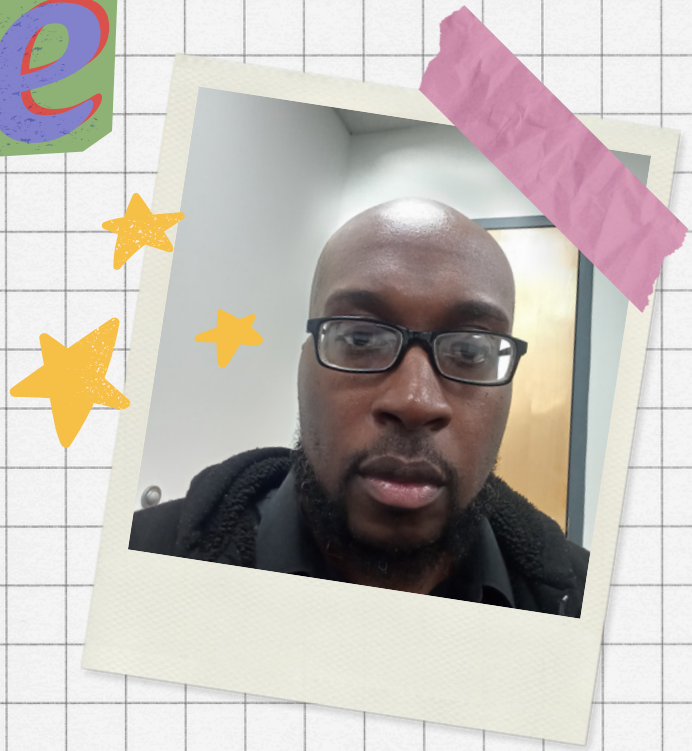
# About Me

Hi, I'm DANIEL!

April 3<sup>rd</sup>

Zodiac Sign: Aries

City: Newark



With a background focused on customer and client care, my goal in life has always been to make sure others are happy.



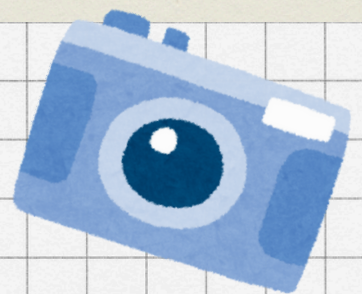
## MY MOTTO

Keep your head to the sky!



## MY HOBBIES:

Playing Sports  
Working Out  
Watching Movies



## THINGS I LOVE:

Traveling

Eating

Helping Others Succeed



# Our direct 1:1 outreach was 852 scholars!



Newark Collegiate  
Charter Highschool



## Newark Collegiate Charter High School

On October 16th and 18th, Ms. Tucker spoke to Newark Collegiate Academy students as part of our outreach and awareness initiative.

She addressed the effects and root causes of vaping, engaging both 9th–10th graders (Oct. 16) and 11th–12th graders (Oct. 18) in lively discussions held in the lunchroom.

Healthy Transitions extends special thanks to Mr. Duke Jumuah, Director of Student Experience, and Ms. Kaila Lane, Vice Principal of NCA, for making this event possible.

NCA and TEAM KIPP Academy have agreed to partner with us to keep students engaged through continued programming. We look forward to returning for PTA Nights and future collaborations.

NCA is a charter high school located at 129 Littleton Ave, Newark, NJ 07103, serving grades 9–12. Their mascot is the Panther, and they are part of the KIPP Academy Network.







## GlassRoots Collaboration

Healthy Transitions has partnered with GlassRoots, an organization that inspires personal and community growth through the transformative power of glass art.

From now through December, we'll meet every third Sunday to introduce young adults to our program and the opportunities we offer.

On October 17th, Ms. Tucker presented to six youth about the vision of Healthy Transitions and available support services. She was joined by Prince Johnson, Program Director for Family Support's LGBTQIA+ Services, who will present on Gender Affirming Care on December 20th.

Ms. Tucker will return on November 15th with her presentation, "Through the Fire: Turning Pain into Strength."





# Our First Financial Literacy Workshop Event was a Success!



**Andrew Scott Sr.  
Financial Literacy  
Specialist**

We're proud to announce a new partnership with Mr. Andrew "The Financial Literacy Guy" Scott Sr., a former JP Morgan Director and creator of "An Early Learning Financial Literacy Program."

He will lead sessions every other Friday, teaching entrepreneurship, investments, and the basics of stocks and bonds.

During our first class on October 24th, Mr. Scott challenged our cohort to develop business ideas for a Shark Tank-style pitch on November 7th.

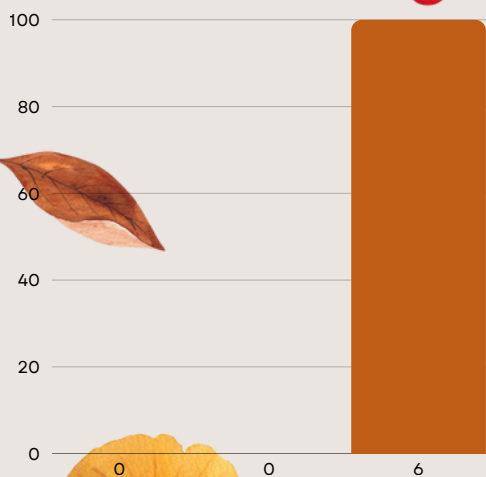
The winning participant will have their LLC registration paid for by Mr. Scott, along with ongoing mentorship as they grow their business ventures.

We're thrilled to have his expertise guiding our future entrepreneurs!

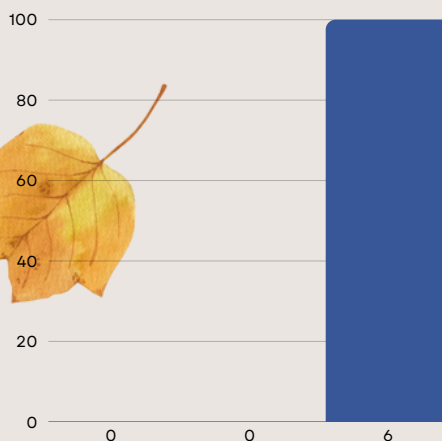




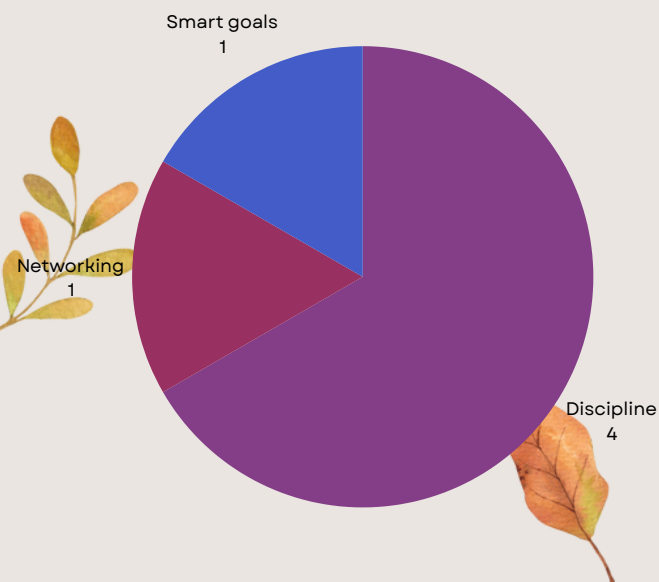
How satisfied were you with the Financial Literacy Event?



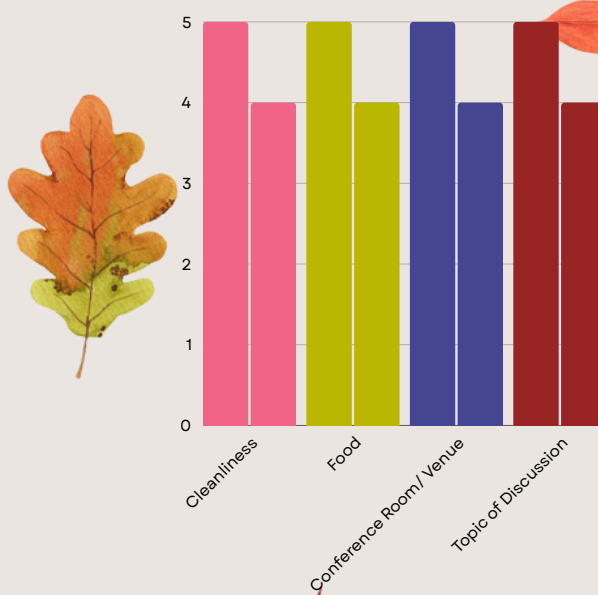
How relevant and helpful do you think it was for your life?



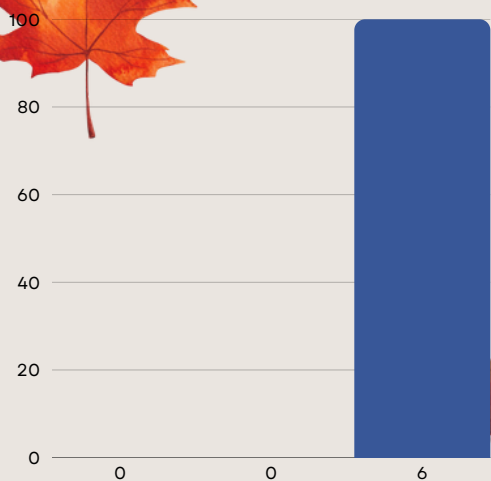
What were your key take aways from this event?



How satisfied were you with the logistics?



How satisfied were you with the session content?



Any overall feedback for the event?







University  
Highschool

Our direct 1:1 outreach  
was 100 scholars!



## UNIVERSITY HIGH SCHOOL



Our Program Director, Ms. Naimah Tucker, spoke to students on “Real Love, Real Confidence: The Self-Esteem Connection” as part of Violence Prevention Week.

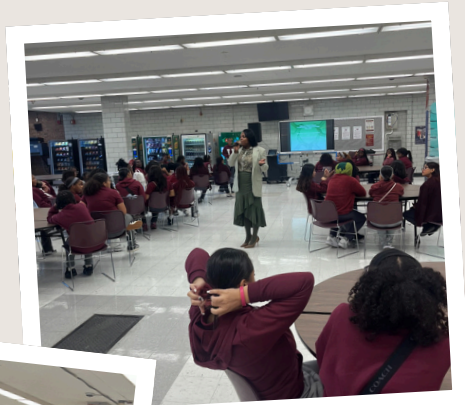
She engaged with 9th and 10th graders, helping them explore healthy relationships, identify signs of toxic ones, and understand how self-esteem influences their choices.

As a proud University High School alumna, this was a full-circle moment for Ms. Tucker—especially seeing her former school social worker from 2004 still serving students with dedication.

The scholars were active, thoughtful, and even presented Ms. Tucker with a T-shirt from the Class of 2029!

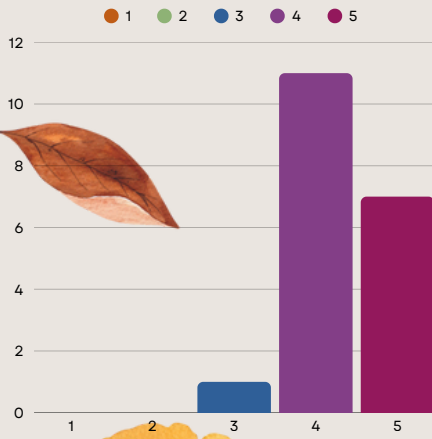
We thank Vice Principal Isiah Cromwell for his warm hospitality and generosity. Our feedback survey speaks for itself—students were highly engaged and appreciative.

University High School is located at 55 Clinton Place, Newark, NJ. We look forward to returning to speak with their 11th and 12th graders soon!

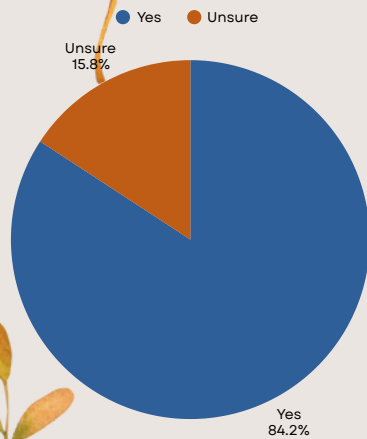




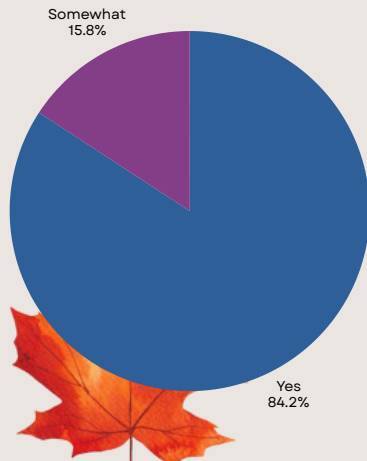
Overall, how would you rate this workshop?



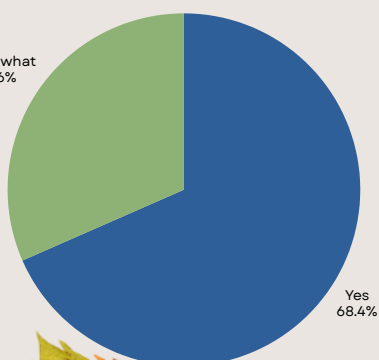
Do you feel more confident in how to set boundaries in your relationships?



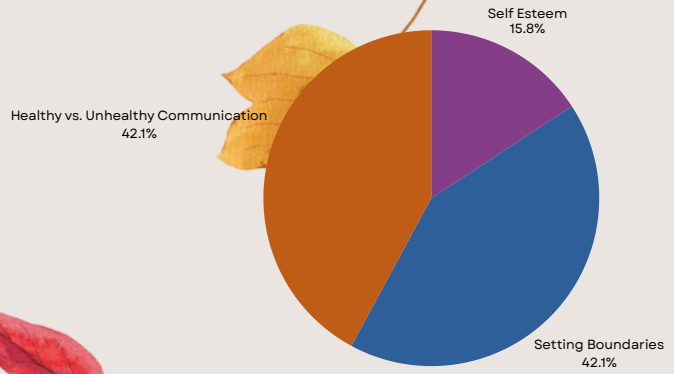
Do you feel this workshop helped you understand the connection between self-esteem and relationships?



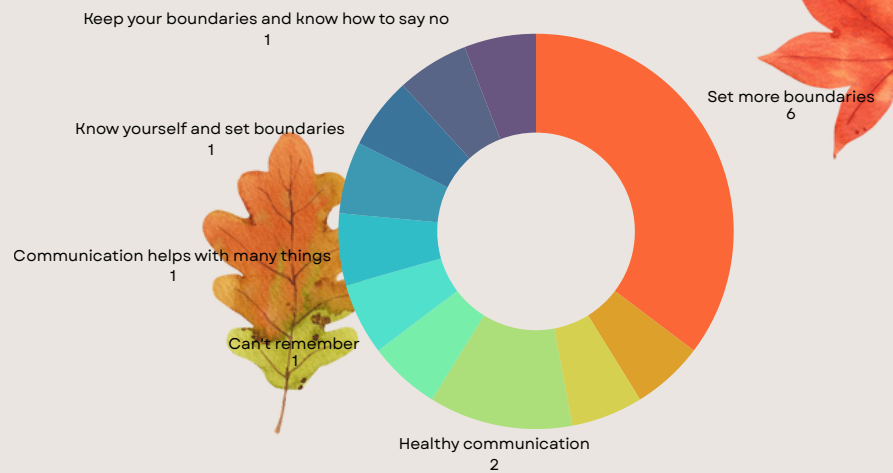
Do you feel more confident in advocating for yourself after this workshop?  
Both presented and pre-read material



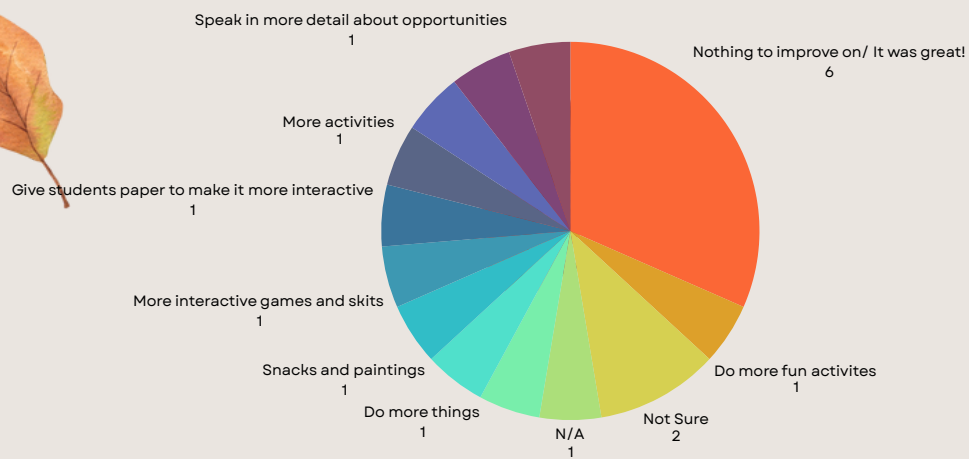
What topic do you find most interesting?



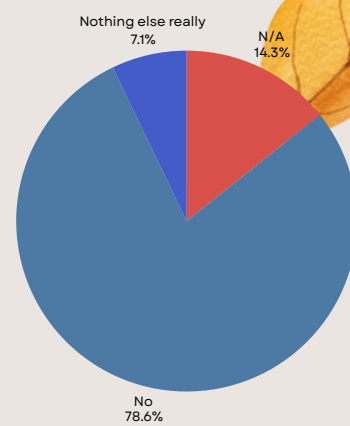
What is one thing you learned from today's workshop that you plan to apply in your life?



How can we improve this workshop for next time?



Is there anything else you'd like to share or ask about?







**HEALTHY  
TRANSITIONS**  
AGES 16 - 25



# CAREER TRAINING

Free Info  
Session

## Programs Offered by Goode Education Group:

- Earn credentials that lead to real jobs!
- Child Development Associate (CDA)(Online)
- Certified Medical Administrative Assistant (CMAA) with Medical Terminology
- Certified Pharmacy Technician (CPhT)
- Certified Clinical Medical Assistant (CCMA)
- (New Jersey Department of Labor - North Region)
- Clean Energy Employment & Training Provider

## Why Attend?:

- Meet with Goode Education Group reps
- Learn how to register for training
- Get connected to NJCRI Healthy Transitions support programs
- Explore career pathways in healthcare & clean energy

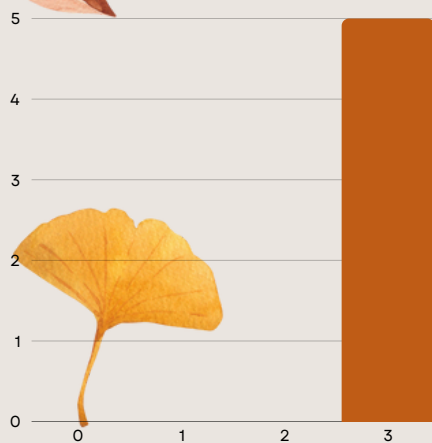
**MONDAY,  
OCT. 27 2025**

**4-5:30 PM**

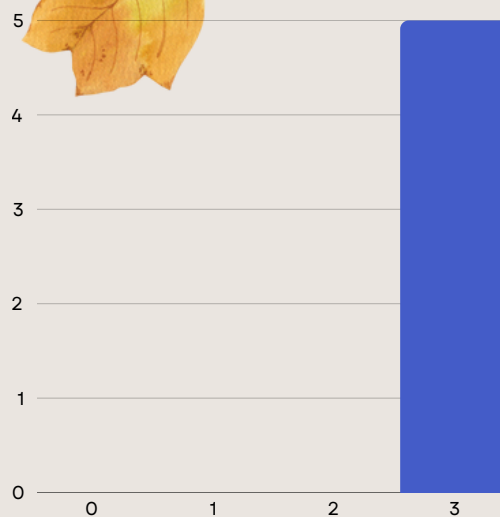
**393 CENTRAL AVE NEWARK NJ 07103**



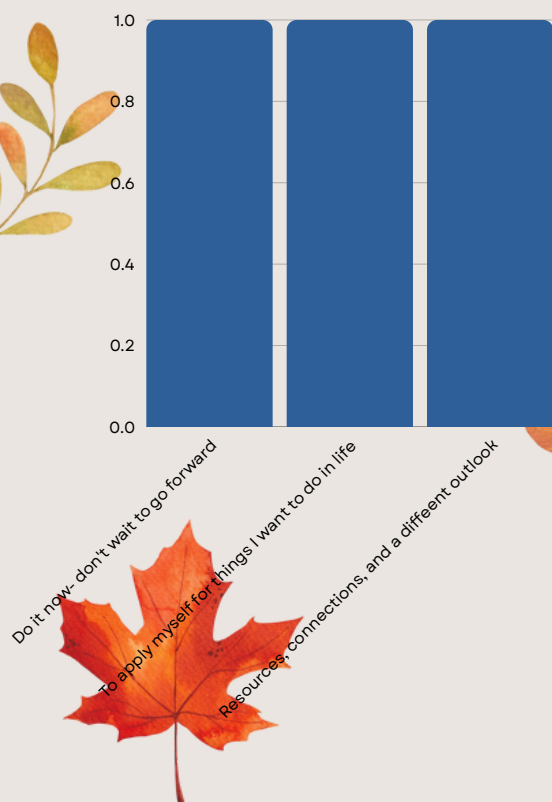
How satisfied were you with the Goode Education event?



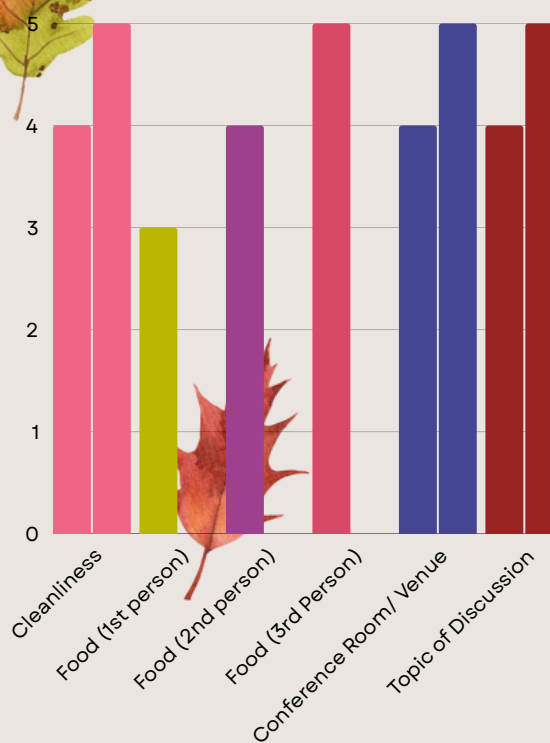
How relevant and helpful do you think it was for your life?



What were your key takeaways from this event?



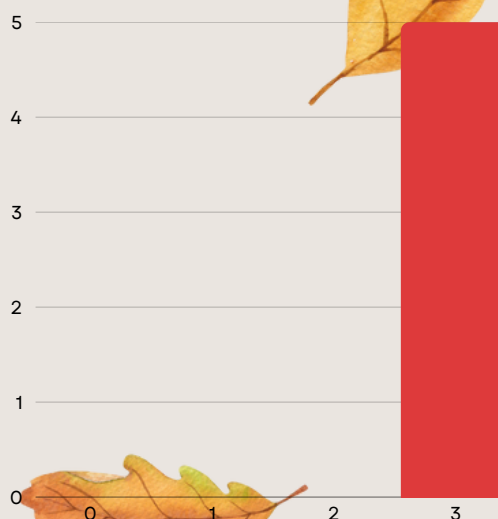
How satisfied were you with the logistics?



Would you recommend the Healthy Transitions program?



How satisfied were you with the session content?





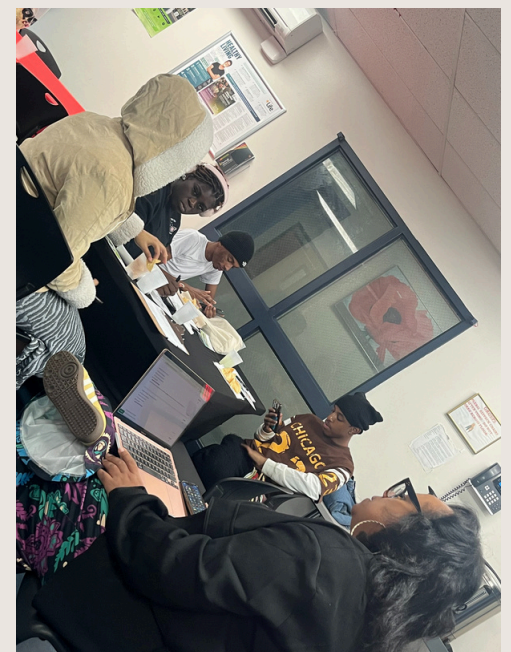


Healthy Transitions has partnered with Dr. Juail Goode and the Goode Education Group, which focuses on New Jersey Career Training.

Dr. Goode hosted an intimate workshop for our clients on job opportunities and certification programs. Participants asked thoughtful, career-focused questions and were connected with One Stop Newark for further employment resources.

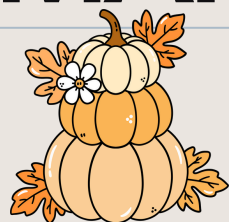
We thank Dr. Goode for her commitment and look forward to solidifying a partnership with One Stop Newark to continue providing access to employment pathways and resources for our youth.

---





# MARK YOUR CALENDAR



## November 2025



| Sun                                                                                                                                                                           | Mon                                                                                                                                                                              | Tues                                                                                                     | Wed                                                                                       | Thurs                                                                                                                                                                               | Fri                                            | Sat |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|
|                                                                                                                                                                               |                                                                                                                                                                                  |                                                                                                          |          |                                                                                                   |                                                | 1   |
|  2<br>Daylight saving time end                                                                | 3                                                                                                                                                                                | 4<br>Election day<br> | 5<br>   | 6<br><br>    | 7<br>Financial literacy workshop<br>4pm-5:30pm | 8   |
| 9                                                                                                                                                                             | 10                                                                                                                                                                               | 11<br>                | 12<br> | 13<br><br> | 14                                             | 15  |
| 16<br><br> | 17<br><br> | 18<br>                | 19<br>Teen Links x Healthy Transitions collab                                             | 20                                                                                                                                                                                  | 21<br>Glass-roots x Healthy Transitions collab | 22  |
| 23<br><br>  | 24<br><br> | 25<br>                | 26                                                                                        | 27<br>Thanks giving<br>                                                                         | 28                                             | 29  |