

New Heights Winter

Bi-weekly Newsletter

Issue #25

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GET ready for Spring!
It will be here soon...



SPRING is quickly approaching! The flowers are starting to bloom. The weather is getting warm, and our days are longer. As we gear up to enter a new season, it's essential for your mental health to step outside and enjoy the fresh air.

- ❖ Take walks, visit parks, stretch, and maybe try yoga!
- ❖ But remember always to mask up and practice social distancing. We are still experiencing the (COVID) 19 public health emergency and doing your part to remain healthy and safe not only for yourself but your loved ones must be a priority.

SHOUT OUT!

What's Love Got to Do With It?

Teen Dating Violence Awareness Virtual Summit



We held our first annual virtual summit on the subject of teen dating violence awareness! We want to personally express gratitude to all of the **DCPS middle and high school students that participated and DCPS leaders, community stakeholders that shared our fantastic event with their network.** Last but not least, we want to shout the amazing mental health professionals, **Dr. Lori Hood, Tokeitha K, and Lee Junior,** for facilitating such fun and rich conversations. And last but not least **Midori Amae and DJ Rex** for keeping the vibes going, and **Massov Media** for supporting us!

Check out these resources!



* **Affordable Internet**

Please check out this link from the DCPS website on affordable internet. Our DCPS website has this and many more resources you may want to see. [Click here!](#)

* **PEPCO Utility Program**

PEPCO has **money to help pay delinquent bills.** To get more information, check out the Department of Energy and Environments (DOEE.dc.gov) website and to to Utility Affordability Programs or call 311 and ask for utility assistance. [Link here!](#)

* **DC Cares Funding**

District program intended to provide **financial support for specific DC residents experiencing economic hardship due to the Coronavirus pandemic** and ineligible for other forms of city or federal relief. [Click here!](#)

THANK YOU!

THANK YOU

Young Lives Organization has been a blessing to our New Heights Families. **We would like to give them a huge thank you and hug!** If you are in need of a stronger support system, check them out as well. [Click to learn more!](#)

To contact New Heights call (202) 442-5040
or your school's New Heights Coordinator



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