

508 C.H.E.E.R.S. NEWSLETTER

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508 C.H.E.E.R.S. in WPS

Launch of After-School Community Service Club



Inside:

A look at ZaMyre Cyrus and
Za'Nyah Cyrus speaking at
IVOC's The Exchange –
Session 1: "Y'all Don't Listen"
in April

We are thrilled to announce
that 508 C.H.E.E.R.S. is
officially partnered with
Worcester Public Schools!

We have launched our After-
School Community Service
Club at four schools and are
excited to continue growing
and engaging youth all across
Worcester.

Read on for more details about
our After-School Community
Service Clubs and all that our
amazing youth are doing!



Community Updates

Giving and Growing

It has been a winter and spring full of exciting growth and opportunity for 508 C.H.E.E.R.S., and we are so grateful for your continued support and engagement. Our youth are showing up as true leaders in their community, and we are so proud of them. Inside, you'll find updates on what we have been up to, what is on the horizon, and more. Cheers to a better community!

Truffle-Making Fundraiser

In February, 508 C.H.E.E.R.S. partnered with Bri's Sweet Treats, Aesthetics by Cie, Different Strokes, Beauty Vintage Grille, Unique Café, Miss Worcester Diner, Ziggy Bombs Specialty Steak & Cheese Sub, and Positively Suzanne's Royal Tea to host a truffle-making fundraiser. We raised \$800 for 508 C.H.E.E.R.S.! Your generosity fuels youth leadership and opportunity in our community! Thank you!





Upcoming Programming

Here is a look at some of the exciting things 508 C.H.E.E.R.S. has coming up.



Signature 6-Week Mentorship

508 C.H.E.E.R.S. will soon begin our Signature 6-Week Community Service Mentorship Program in partnership with Worcester Community Action Council and YouthWorks! In this empowering experience, youth 13-19 will engage in hands-on community service projects that strengthen their confidence, purpose, and real-world skills while giving back to the Worcester community.



Preserving Heritage Cultural Cooking

Through support from the Worcester Arts Council (WAC), 508 C.H.E.E.R.S. is able to deliver our youth cultural cooking program, Preserving Heritage! During this program, youth explore and create diverse cultural recipes together and share them with the community. This program celebrates culture, builds community, and helps youth understand the shared role we all play in addressing hunger.

Follow @508cheers on Facebook and Instagram to stay up to date on programming and opportunities.

GIRLS ARE RAD

Real. Authentic. Daring.

We Are the Girls Who Show Up

By Echo Louissaint Collins



Girls Are RAD has arrived!



We are the girls who show up

This year, we launched a pilot program for Girls Are RAD, a guided journal and wellness program written by Echo Louissaint-Collins. Girls Are RAD is designed to help girls 11-18 build confidence, self awareness, and a strong sense of voice.

Programming for Girls Are RAD is available as a self-reflection empowerment journal (individual reflection experience), a facilitated girls group experience, a school-based leadership or wellness program, or as a youth empowerment conference experience.

For more information, visit girlsarerad.com



Teen Trauma Tuesday

In March, 508 C.H.E.E.R.S. hosted our first virtual Teen Trauma Tuesday session in partnership with Worcester Addresses Childhood Trauma, and the turnout and engagement from Worcester teens was incredible. Thank you to the Reliant Foundation whose support will allow us to deliver Teen Trauma Tuesday to 100 youth this year.

WORCESTER



Addresses Childhood Trauma

During the session, teens explored topics such as:

- Understanding mental health
- Recognizing stress and coping signals
- Supporting friends in crisis
- Reducing stigma around mental health

When we create spaces where young people can talk honestly about mental health, something powerful happens:

They realize they are not alone.

"One thing that stood out was the fact that almost all teens on the call were going through stress and this is something I always thought it's just me alone"

"Have never been to such a supportive session about mental health among teens, it's shows that someone is actually listening"

"Learning how stress affects the body actually helped me understand myself better"

"I felt heard and I no longer felt alone, you guys spoke about some deep topics that aren't usually talked about when we get mental health presentations in school"

Participants also received a copy of the Your Inner System Workbook, created by Echo Louissaint-Collins which helps youth continue reflecting on stress, coping tools, boundaries, and emotional safety beyond the virtual session.





In partnership with YOU, Inc. Worcester Family Resource Center, our youth volunteered at the Spring Family Field Day and painted faces for the 181 community members and families who signed up to attend! Check out the [video](#) on our Facebook!



We could not be prouder of sisters ZaMyre and Za'Nyah Cyrus who spoke at The Exchange – Session 1: “Y’all Don’t Listen” earlier this month! The session was hosted by Inner Voice Outer Change (IVOC) For Youth and featured youth-led conversations about barriers to honest conversations with adults and possible solutions to such barriers. City stakeholders were present and met youth with support and a willingness to listen. ZaMyre (a sophomore at Abbey Kelly Charter School) and Za'Nyah (a junior at Burncoat High School) showed up with passion and confidence and made their voices heard!

Service to Society Award Recipient!



We are so proud of our Executive Director, Echo Louissaint-Collins, who was chosen to receive [Clark University's Award for Service to Society!](#)

This award celebrates an individual who has made extraordinary contributions to society since graduating from Clark while advancing a cause consistent with Clark's values.

Congratulations, Echo! We love you and appreciate all of your care and hard work!





508 C.H.E.E.R.S. in WPS!

After-School Community Service Club

In partnership with Worcester Public Schools, 508 C.H.E.E.R.S. has launched the After-School Community Service Club at four schools in Worcester. In the club, students learn about equity, food insecurity, community care, and mental wellness. Participants gather resources and make meals for community fridges and food pantries on a monthly basis and engage in other mutual aid actions, based on the interests and needs of the group. Our youth are making a real difference in the community!

If you're interested in starting an After-School Community Service Club with 508 C.H.E.E.R.S. at your school, please reach out to echo@508cheers.org.



Get Involved!

Whether you're a volunteer, educator, parent, community partner, or donor, there's a place for you at 508 C.H.E.E.R.S.

Ready to CHEERS with us? Join us for service projects, mentorship activities, and more. Or partner with us as a school, youth organization, or local business. Learn more at 508cheers.org

Your generosity helps uplift youth and build healthier communities! To make a secure one-time or recurring donation, visit 508cheers.org or scan the QR code.

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