

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 11 Number 1 (1/10)

Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, birth date, and address (including e-mail), region and the kind of out-of-home placement you are or have been in.

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LINK-UP HALIFAX COUNTY

On January 23, 2010 our winter "Teen Future" Link-Up Conference was held at Halifax County Department of Social Services in Roanoke Rapids, NC. The day started with everyone getting down to the "Cha-Cha Slide", including social workers! The keynote speaker was Titianna G., one of our Board Members from Region 5. Attendees learned how to appreciate and respect diversity in others through a Play Doh workshop. The Link-Up also had workshops on paying for college and monies available through the NC Reach/ETV programs. There were Empowerment Stations on staying emotionally and physically healthy. Everyone got a great door prize and enjoyed playing our life skills games. Our next Link-Up will be held in the Western part of North Carolina in July. Thank you to everyone who came and participated. Special thanks also goes to Halifax County DSS for hosting our event and for all of their efforts in making Link-Up a great success. It was a great day from start to finish and we hope to see you at our next Link-Up!

Pictures from Link-Up Halifax - January 23, 2010



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TOP TEN – Reminders about Valentine’s Day



10. February
9. Pink
8. Red
7. Stuffed animals
6. Roses
5. Chocolate
4. Cards
3. Cupid
2. Hearts
1. LOVE!



HAPPY VALENTINE’S DAY FROM SAYSO!

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Spotlight on SaySo Board of Directors

For the next few months we will publish an article written by one of your elected 2009-2010 Board of Directors. The Board of Directors is elected every year in March at SaySo Saturday. This month the spotlight is on Cherish C. who is one of the co-chairs on this year's board. Here is her article, *"What I like about being on the board! SaySo is a great organization to be a part of. I have been a board member for a few years and each and every new board member has touched my heart in some way. It's like a family that grows bigger each and every year. I know deep down that if I ever needed anything my SaySo family would be here for me! Thanks SaySo for making me a better person!"* ***If you would like to become a 2010-2011 SaySo Board member, please join us at SaySo Saturday, March 6, 2010 in Greensboro, NC. Elections will take place then!***



SAVE THE DATE

SaySo Saturday – March 6, 2010

Guilford Technical Community College, Jamestown

SaySo Survivor – May 14-16, 2010 Camp Chestnut Ridge

SaySo Page Week – May 23-28, 2010 Raleigh, NC

****Contact Lauren at sayso@ilrinc.com or 800-820-0001 for applications for SaySo Page Week****

Make sure to keep checking the website for REGISTRATION FORMS and UPDATES! Information will also be on our new Facebook Group Page. You will know it is the OFFICIAL page when you see a picture of our Board of Directors. Everyone is invited to join the group however your settings must all be private where only your friends can see your Facebook page. If you need help with this, contact Lauren at sayso@ilrinc.org & she will help you with your settings. We look forward to seeing your smiling face on Facebook!