



New Book Nook Offers Youth a Space to Dream



Bibliotherapy, also known as book therapy, is a clinical intervention that uses books to help improve mental health, support cognitive change, and foster the development of skills needed to address and cope with traumatic experiences.

Through the support of generous donors, Little Flower's Residential Treatment Center (RTC) has been fortunate to create a calming, quiet, and therapeutic space that allows for the creation of new narratives.

The Book Nook will be used to foster socialization skills through engagement in a book club, strengthen independent emotional coping through reading opportunities, and grow beyond trauma through words, passages, and chapters!

Administration for Children's Services (ACS) Commissioner Jess Dannhauser Pays a Visit to St. John's



Commissioner Dannhauser and Deputy Commissioner Nancy Ginsberg recently paid a visit to St. John's Residence for Boys. They toured the facilities and engaged in a milieu of activities with our Close to Home and Residential Treatment Center residents. Their time, support, and commitment to our youth mean so much!

We especially appreciate that the Commissioner and Deputy Commissioner added words of impact to our Words of Affirmation board, and that they experienced Life Camp's transformative work with our Close to Home youth. We are grateful for the collaboration between ACS and St. John's leadership in supporting our residents.

Meet our Spring Cocktail Reception's Guest Speaker



Joshua Watson chronicled his life story in a book titled, *Your Situation Doesn't Determine Your Destination*. Watson, who found his adoptive family through Little Flower, is a college

student, published author, and now the youth speaker at the upcoming Little Flower Spring Cocktail Reception.

To meet Joshua and hear more about his story, be sure to [get your tickets](#) and celebrate with us on May 15th at the Garden City Hotel.

POLL: Do you plan to attend this year's [Spring Cocktail Reception](#)?

[Yes](#)

[No](#)

[Hopefully](#)

Yoga Program Promotes Wellness and Relaxation



Little Flower partnered with Hot Yoga Works to provide the youth at the RTC with gentle stretching, mindfulness, and sound bowl healing.

The event was an overwhelming success, and the class provided an opportunity for youth and staff to come together to enjoy the benefits of yoga, which include reduced symptoms of anxiety, improved overall well-being, relaxation, and stress management.

Youth Receive Valentine's Day Haircuts



Our RTC youth were feeling the love after getting new haircuts from local barber [Naeem](#). There's nothing like a fresh, new look to build your confidence before asking that special someone to be your valentine!

RTC Youth Sled Through Winter Wonderland



The cold never bothered the RTC youth, who took the recent heavy snowfall as an opportunity to have some winter fun!

RTC Staff Made Valentine's Day Special



Everyone at the RTC definitely felt the love on Valentine's Day thanks to the efforts of staff, who poured their hearts into the season of love with festive crafts and activities.

Historic Photo Corner



Little Flower youth have always known how to give a warm welcome. Today we're welcoming spring the way our friends of yesteryear welcomed Bishop Ugaver to one of our Brooklyn locations circa 1980.

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