

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 6, Number 2

About SaySo, Inc.

SaySo is a statewide association of youth aged 14 to 24 who are or have been in North Carolina's out-of-home care system. This includes all types of substitute care, including foster care, group homes, and mental health placements.

Our mission is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care.

Become a Member!

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

Contact Information

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Jessica W.
Secretary: LaKisha T
Treasurer: Julia S.
Sergeant-at-arms: Dayshawn M.



LINK-UP Youth Conference 2005

It's Link-UP time for all foster youths ages 13-15 in the East. Mark your calendars for **FOOD, FUN, and GAMES...OH YEAH** great workshops.

What is Link-UP? Link-UP is a conference that will prepare you for the real world as well as build your communication skills. It also teaches you information about how to take care of yourself, work with others, and interact with your community in a fun way that won't put you to sleep. SaySo members lead the workshops and games.

When? February 5, 2005 @ 9:30 AM - 3:30 PM

Where? Nash Community College, Rocky Mount

If you are interested in attending, contact your social worker about a registration form ASAP or download a form from our website.



Check out this picture from a previous LINK-UP. It's a cool day to have fun, meet friends, and learn some skills needed. This is a picture of the Messy Room O-Link-Up Event.

SaySo Board Members taking a break from all the fun and work to pose for a picture.



SaySo wants to support TRANSITIONING YOUTHS!

This is how you can help...

SaySo and Independent Living Resources are coordinating an **ALUMNI MENTORING PROGRAM** especially for youth as they transition out of care towards adult life. We are looking for youth who are getting ready for that **BIG STEP** and would like the support of a mentor. **NOT** just any mentor... someone who was also in foster care and made the same transition. Maybe you are a youth making the transition or know an alumnus who would make an awesome mentor. If so, could you let us know?? Call, email or write us - we are ready to help connect youths and alumni in the same community. This is a start up program so we really need your input and suggestions to make it work.

Visit our website! WWW.SAYSOINC.ORG

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**JOIN ALL SAYSO MEMBERS for the
6th Annual SaySo Saturday Conference, March 5
Guilford Technical Community College, Jamestown (Greensboro)
9:30 AM – 3:30 PM**

- Elect New Board Members · Eat · Learn about AWESOME Opportunities · Celebrate SaySo's birthday · A Variety of Workshops · Meet friends

Is SaySo Saturday for everyone? No. It's only for young people ages 14-24 who are or have been in substitute care. Adopted youths who were in foster care and later adopted should also attend. College students and older youths who have aged out have lots to say about how foster care helped and hurt their transition to adult life. We all have something to say. This is the time to say it and take some action.

Will I get anything out of SaySo Saturday? That depends on you. Like anything else, what you get depends on what you are willing to put into it. It could be awesome and make a huge difference in your life - or none at all. You decide that. You will get conference materials, lunch, snacks, and cake -maybe even one of the birthday gifts and probably even a new friend or two. Check out our pictures from last year.

SaySo's Birthday Celebration



Group gets to know each other while playing SaySo Bingo for prizes.

SHOW YOUR STUFF at NCFPA Conference

Join SaySo Members for the SaySo Advo-Variety Show at the North Carolina Foster Parent Association conference. We will do some skits, sing, dance, read poetry and share our talents that can be used to advocate for others youths just like us. This event will be held at the Sheraton Imperial Hotel in RTP on Friday, April 15, 2005. If you are interested in participating in the show, sign-ups will be held at **SaySo Saturday in March**. Plan to attend **NOW!** See you soon!