

Youth Testimonials

Counseling

I came to BYS because I had always thought about therapy, but my family never had any money to go and BHS opened my eyes to how helpful therapy is. BYS has helped me through many difficult times (moving, bullying, loneliness) and I've learned how to manage and even work through a lot of my mental and physical problems. BYS helped me see that life does have meaning and how many of my bad experiences can be used to further not only myself as a person but lead others to find a better path or help them through difficult times as BYS has done for me.

I was in a dark place and my friends pushed me to talk to someone and get help. I had to overcome my fear of telling another person my darker thoughts to actually get the help that I needed. I really appreciated the weekly meetings, even when I was having a good week, and maybe didn't need the support as much. Counseling has helped me turn my life around and realize that I do matter. I have gained self-respect, self-love, and a deeper understanding of myself and who I want to be. I can live my life and be happy and not have to worry about whether or not the darkness is gonna come back and suffocate me. I have someone to help me through my problems, and I'm no longer alone in this.

I was feeling sad all the time and didn't know how to talk about it. I was nervous talking to my counselor at first. I grew to know my counselor and feel very confident to talk to her. Counseling has helped me learn how to deal with my sadness, all though I am still working at it. I've learned that what I go through is human. I've learned if I mess up it's my mistake and that I should be proud of my mistakes. I can now talk about my feelings freely.

I reached out to BYS because the stress of college applications was unlike anything I had experienced before. With each session, I felt empowered to

start unraveling and exploring my own thoughts, fears, and emotions, something that would never have been possible (or taken a lot longer) to do on my own. My counselor helped me to develop self-care habits, set boundaries, and start building confidence in the whole of who I am.

Peer Tutoring

Last year I could not care less about math and didn't see how it relates to my life, but throughout the year I was able to see more and more clearly how math relates to my interests, including programming, engineering, and electronics. I sought math tutoring support this semester and, even though it's a subject that I still struggle with, my tutor and the wonderful atmosphere at BYS have given me the ability to see more in myself. And I have learned a lot about myself. My perspective has most definitely changed for the better and so has my attitude in general.

At first I saw tutoring as a way to get community service through a skill I had learned in high school math. As time passed, I continued to tutor; you get to know the kids you're tutoring and build a connection with them. Kids who actively would seek tutoring made sure to stay engaged and it made me happy to see one student finally understand a math concept. Tutoring at BYS has shown me the joy of helping others.

Lead from Within

The BYS Lead from Within Program has connected me personally to many people who I otherwise wouldn't have known, they taught me the necessary skills to help others and be an ally and, finally, they have helped me have the courage necessary to start important conversations.

I started to come to BYS for Lead from Within. Although I come to BYS for this program, it has turned out that just being in the BYS building helps relieve my stress. This program has provided me with a group I feel comfortable sharing

my thoughts with, and has given me some useful tools I now use in my everyday life. I now will sometimes come to BYS to drink tea, have a snack, and do my homework as it feels more relaxing than being on the BHS campus. Through BYS and the Lead from Within program, I feel like my stress-coping and leadership skills have grown.