



February 12, 2014

Dear Friends,

The Universal Education Foundation ended 2013 with a bang by offering a Bullying Recovery workshop! Tami Urbanek, vice president and Tina Herring, secretary of the Universal Education Foundation spent three Friday mornings at Urban Peak in Colorado Springs. Tami and Tina worked with homeless youth or youth at-risk of being homeless and who had been and are being bullied. The UEF's main purpose is to prevent suicide and to assist youth to understand their true worth.

This workshop was offered free of charge and Tina and Tami donated their time and driving gas to work with 10-15 youth each Friday. Together, they taught the youth how to identify and overcome emotional injuries as the result of being bullied. They responded well.

One of the activities was to write a letter to themselves at an older age. Some of them gave us their letters and here are two of them:

Dear Self, I hate how you make me feel. I hate how you bring me down. The thoughts you make think about myself and others. I'm not Perfect! But I'm better then what you give me credit for. I have made mistakes because I'm only human. But I WILL BE SOMEONE successful in life. I won't let the past choose my future! Me

*Dear C., I would like to say why do you self-harm yourself? The f***ing overdose, the trying to hang yourself, the death jump attempts and every*

*other f***ing thing you do to kill yourself! You have so much to live for. You're a bright young lady who has been hurt by everyone who has been an ass to you. I want you to remember that you are a nice young lady who has the ability to be anything.*

Love your self,
from C.

In 2014, Tina and Tami will continue to offer workshops with youth who have been bullied and with pregnant teens and teen parents to prevent child abuse.

The UEF will be sending out regular newsletters with articles and updates on workshops. Also, click on the links below find us on Twitter and Facebook!

Thank you for supporting the Universal Education Foundation,

Love and Light,

Universal Education Foundation Board

The Universal Education Foundation is a 501 (c) (3) nonprofit and has no employees. All work is completed on a volunteer basis and ALL tax-deductible donations are designated to run and operate the UEF and its workshops.