

# YOUTH UNITED FOR CHANGE

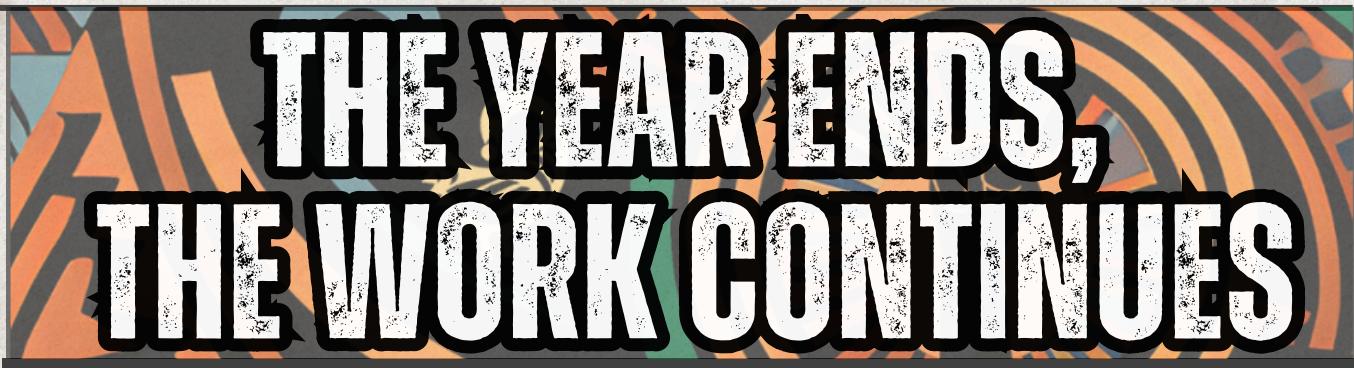
WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025



## Mission

Youth United for Change (YUC) develops young leaders in Philadelphia with a critical political, historical, and economic understanding of society, and empowers them to improve the quality of their lives and communities.

## Our Vision:

To develop the leadership of youth from communities of color who are capable of leading and governing all of society, using grassroots organizing as the training vehicle

To build an organization powerful enough to help create community-based power focused on maintaining the right of Black and Brown people to control their own lives

To produce leaders who can organize their communities to change the structure of society towards justice for all people

## Who Are We

We are community members, educators, healers, abolitionists and archivists committed to uplifting Philadelphia's Queer, Trans, Black, Indigenous People Of Color (QTBIPOC) youth and community through grassroots organizing using tools that include community mobilization, civic engagement, interdisciplinary education, and healing justice. YUC develops leaders' critical political understanding of society so they can improve the quality of their lives and their intersected communities.

We are the inheritors of a victorious cultural and social legacy. We have received tools for liberation and healing from our ancestors and it is our duty to deliver them to our youth and our communities as a demand from all of our ancestors whose lives will never go in vain.

In the immortal words of Asatta Shakur,

**“It is our duty to fight for our freedom.**

**It is our duty to win.**

**We must love each other and support each other.**

**We have nothing to lose but our chains.”**



In this current moment of political division, censorship and intimidation, we must affirm the need for collective care. As an abolitionist organization—Youth United For Change (YUC) is firmly committed to providing a safe space for ALL people. We affirm that in the here and now, that we are able to join together to heal ourselves through joy, imagination, unity, self-determination and collective care work (s ) that create the changes we want to see in our communities, homes, schools and within ourselves. As a function of freedom, we must recognize, embrace, and affirm our full selves.

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## WHAT'S NEWS

### What Do the Holidays Mean to Us

Happy holidays. Merry Christmas! Happy Kwanzaa! Happy Hannakuh! Whatever holidays you may be celebrating, we implore you to enjoy them. Hold your families close, honor your shared and different values, and appreciate your culture. The holidays are an opportunity to connect with family and share personal history. Take a moment to call or visit your elders, listen to them, and see what you can learn about your shared history. Our families hold living history, not only through biological material, but through memories. Regardless of how you're spending the holidays, we ask that you take time to connect with your loved ones and community, and allow yourself to rest.

How are you spending the holidays? For those of us celebrating, how many of us understand the history of the rituals we participate in? Are our traditions founded on belief, knowledge, or were they inherited? And what is it that we are actually celebrating? Take Christmas, for example, how were you introduced to the holiday? How did you feel about traditions, and what parts stood out to you? Was it a celebration of the birth of Christ, family, or gifts? How many of us know the history of Kwanzaa? These questions are asked not to shame anyone but to really understand what we are celebrating. Let's explore the history of our holidays and define for ourselves whether they are based on religion, culture, tradition, or another factor. We must remember these histories, but we do not need to be restricted by them. So, what does the holiday season mean to you?



---

# YOUTH UNITED FOR CHANGE

---

FALL 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



27 NOVEMBER 2025

---

## WHAT'S NEWS

---

### Mindfulness and SAD, Resist and Rest

As the weather cools and the days shorten, many of us find ourselves fighting a seasonal slump or feeling SAD. Seasonal Affective Disorder, or SAD, is a form of depression categorized by a seasonal pattern. Those affected experience depression during a specific season each year for at least two years or a majority of their lifetime, typically, starting in Fall or Winter and ending in Spring; however, this is not always the case. SAD is associated with a lack of sunlight and may be exacerbated by other seasonal events such as holidays. Doctors recommend Vitamin D or light therapy to supplement the lack of sunlight. These treatments can help regulate the production of serotonin, which controls mood, and melatonin, which promotes sleep; they are not the only treatments. SAD looks different for everyone, but common symptoms include a lack of energy, increased sleep and food intake, especially carbs, withdrawal from social settings, and a less positive mood. (Melrose 2015)

Although Seasonal Affective Disorder is a condition that merits support and intervention, we also understand the difficulty of seeking care or even recognizing when intervention is necessary. We affirm the need for rest. Particularly in these times of social division and economic pressure, it can be difficult to distinguish the causes of how you may feel. So, it's important to check in with yourself. Find stillness, be present in your body, allow your worldly stress to take a backseat, and take inventory of your physical and mental well-being.

This month, YUC discussed mindfulness with wellness practitioner Shirleen Beard from [BRWN GRL Wellness Studio](#). We unpacked how to check in with yourself, find support, affirm yourself, identify resistance to growth, understand your capacity, and support mutual growth. Some of the most important takeaways from that conversation were establishing our need to reflect and affirm our humanity. So, please take the time to learn about yourself, your capacity, what you need, and your community.

If you're wondering where to start, begin with stillness. Find a moment, disconnect from inputs, sit with yourself and your thoughts, simply be present in your body and mind, and follow the threads that your mind gives you to recognize your needs. Set an intention. Once you identify your needs, what actionable steps can you take to ensure your needs are met? And follow up with yourself. Do not let this be a singular session; continue to check in with yourself and tend to your needs and intentions. Finally, lean on your community. Accept support when it's offered and offer support when you can.

As you establish your practice of mindfulness, follow what brings you joy, spend time with your thoughts, and give yourself space to understand what may be challenging you this season. As a community, we can overcome any challenge, although it may take time, be patient, and lead with love.

#### Sources:

1. Melrose, S. (2015). Seasonal Affective Disorder: An Overview of Assessment and Treatment Approaches. *Depression Research and Treatment*, 2015, 178564. <https://doi.org/10.1155/2015/178564>

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## WHAT'S NEWS

### Building Knowledge Takes a Village

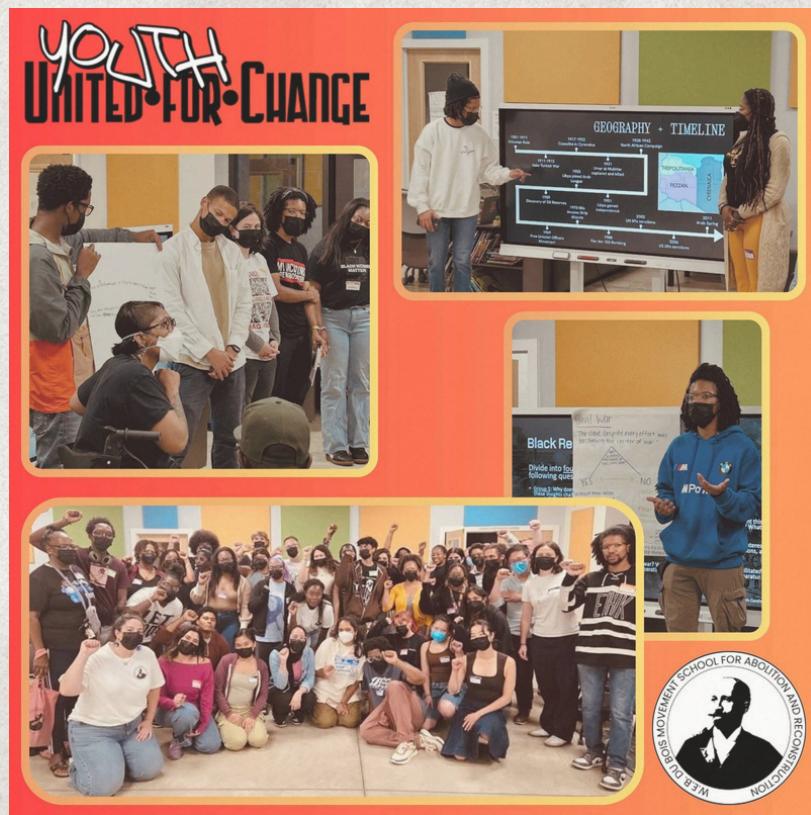
This Fall, as a continuation of my movement education, I participated in Abolition 101 and a hybrid remote/in-person seminar on C.L.R. James' *Black Jacobins* facilitated by [The W.E.B. Du Bois Movement School for Abolition & Reconstruction](#). The 13-week course covered topics such as anti-capitalist class struggles, liberation movements domestically and abroad, and coalition-building. During this educational journey, I made invaluable connections. The cohort consisted of people from all walks of life, from young children to elders, and while we may all appear different, we were united by a common call: freedom for all! We spent three months learning from each other and our facilitators, engaging in inspiring discourse. The wealth of perspectives in the room reinforced our understanding of the readings from various movement and thought leaders, from Marx to Du Bois to Angela Davis, even our own Geo Maher. It was amazing seeing the work my comrades were doing outside of class, whether it was organizing the [March for Mumia](#), working with [Students for Justice in Palestine](#), building creative spaces, or otherwise driving change in their communities. Seeing so many people committed to building freedom and power in one space was remarkable.

The hybrid seminar on *Black Jacobins* by C.L.R. James provided an enriching context for our discussion of abolition by delving into the history of the Haitian Revolution and the creation of the first free Black state.

This Spring, the W.E.B. Du Bois Movement School will host another hybrid seminar on Franz Fanon, the prolific 20th-century psychiatrist and anti-colonial theorist who asserted that psychological healing is impossible within a society based on colonial violence. By shifting his focus from individuals to colonial systems, Fanon exposed the harm that systemic racism and dehumanization inflict on Black colonial subjects. Reflecting on my experience with the W.E.B. Du Bois Movement School, I am incredibly thankful for the facilitators and comrades who made Abolition 101 and the hybrid seminar so impactful. From sharing resources and opportunities to offering personal testimony about how colonial systems have affected them, the memories from this cohort will shape my work and push me to grow and see what more I can do for my community.

Many thanks to the facilitators and comrades who made Abolition 101 and the hybrid seminar such impactful experiences.

*photos courtesy of @abolitionschool instagram*



# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW



### Expect the Spectacular



Virtual Event

12/17/2025  
4:30-6:30PM

<https://us06web.zoom.us/j/2154239588?omn=82969858332>

Hosted by Shirleen Beard  
Practitioner from  
BrwnGrlWellness Studio



Join us for an evening of  
healing featuring:  
guided meditation, mindful  
movement, and goal-setting  
exercises

Release the challenges of  
2025 and step confidently  
into 2026 with clarity,  
mindfulness, and intention.



# YOUTH UNITED FOR CHANGE

WINTER 2025



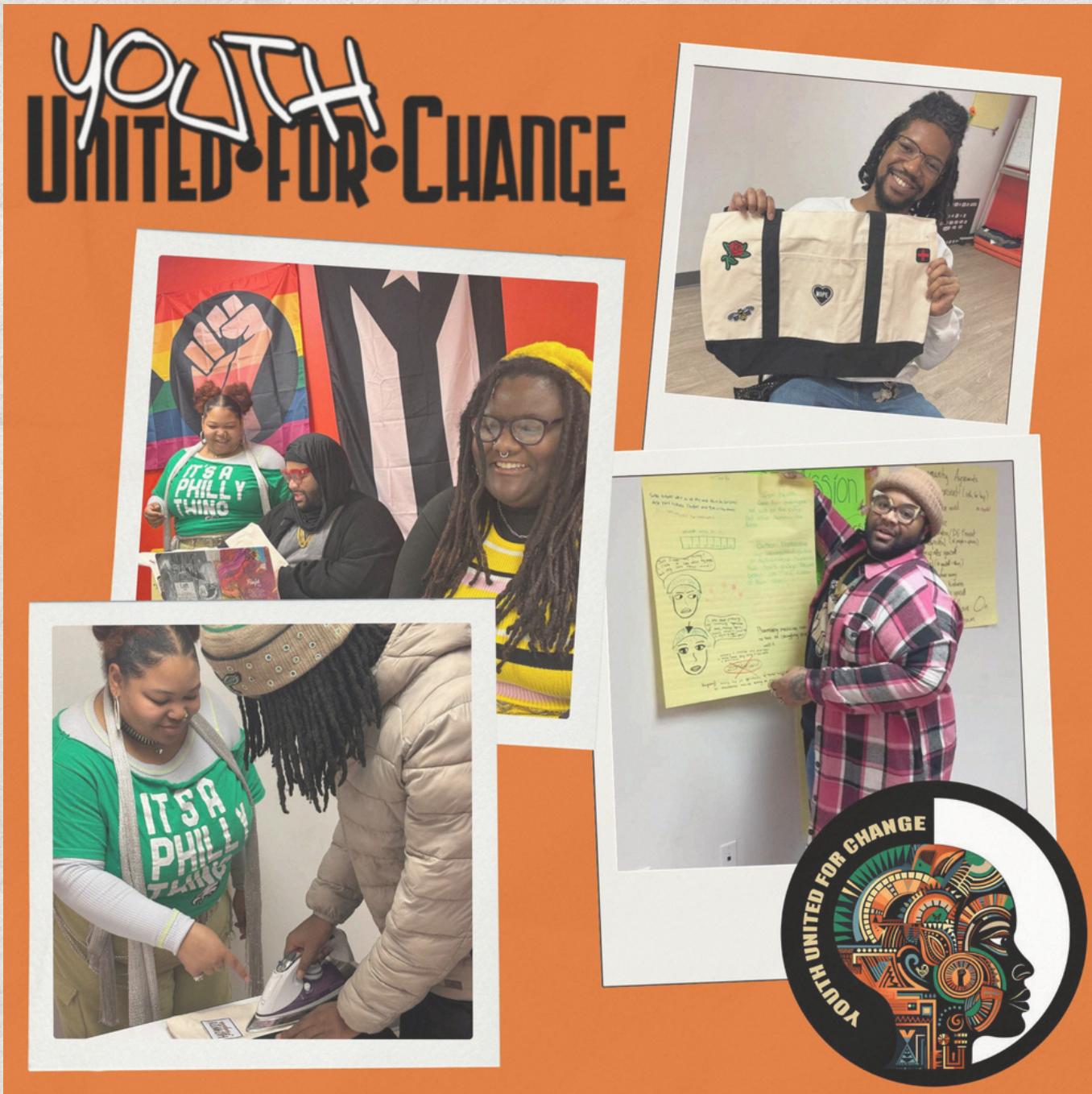
[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW

### Funky Fall Festivities Recap



# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW

### **yuc SUMMER COHORT**

#### **YUC 2025 Youth Leadership Team**

**July 8th - August 14th**

**Tuesday Wednesday Thursday 1PM - 5PM**

**Food and SEPTA passes provided each day.  
Participants receive \$15 per hour stipend.**



**Every summer, YUC brings together youth leaders from across the city to build our power to make change through participation in our 6-week learning journey.**

**Together, we build safety, belonging, political awareness and civic engagement. We learn about the roots of the systems we face and we practice youth organizing skills to make the changes we want to see in our communities, schools and city.**

Check Us Out On Our Socials

520 N Columbus Blvd Suite 205  
Philadelphia, PA, United States,  
Pennsylvania 19123

 (215) 423-9588

 [yucyouth@gmail.com](mailto:yucyouth@gmail.com)



# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW

### Logo Painting Workshop

YUC and The Young Artist Program collaborated on a 3 part series painting the new YUC logo. The logo painting workshops became a space where we painted the new YUC logo, creating safety and belonging while learning a new skill. All in attendance, talked, and celebrated joy. There was painting, music, food, conversation and cinematography centering overcoming oppressive realities; The room was a buzz!!!! Join us for future collaborations with The Young Artist Program and more. We have nothing to lose but our chains.



# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW

### Generational Conversations



This Summer, Youth United for Change hosted a series of events called Generational Conversations. Our youth engaged with professional artists and healers who shared their wisdom on topics such as finding your creative path, developing self awareness, embracing new opportunities, and establishing self-care practices.

Thank you to our speakers:

Stephanie Renee  
Oskar Pierre Castro  
aka Bohiti Fotuto  
Lamar Manson aka Blaq Ice  
Karen Smith  
Dr. Jamie Eaddy



# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)

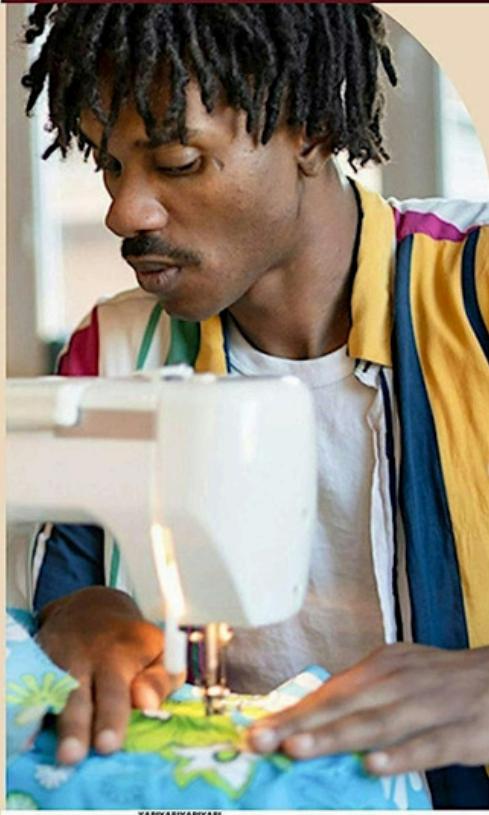


DECEMBER 2025

## THIS YEAR IN REVIEW

### THE UHURU SERIES W O R K S H O P

HIGHLIGHTING THE IMPORTANCE OF SEWING ACROSS  
THE AFRICAN DIASPORA!



#### DATES:

**FEB  
26TH &  
MAR 5TH** (WEDNESDAYS)

WITH A  
BLACK HISTORY MONTH  
OPEN MIC NIGHT  
ON FEB 26TH!!

TIME: 4PM-8PM

LOCATION:  
520 NORTH COLUMBUS  
BLVD, SUITE 205

EVENTBRITE LINK IN BIO!



#### WORKSHOP DESCRIPTION:

UHURU IS A SWAHILI TERM THAT IS USED TO DESCRIBE **FREEDOM OR INDEPENDENCE**. DURING THIS SERIES, PARTICIPANTS WILL BE ENCOURAGED TO TAKE UP SPACE, SLOW DOWN AND REST THROUGH THE CRAFT OF PILLOW MAKING.

THIS SERIES WILL BE TAUGHT BY PHILADELPHIA'S YOUNG ARTIST PROGRAM IVY-YON JACKSON IN COLLABORATION WITH YOUTH UNITED FOR CHANGE JAI THOMPSON, WHO WILL OVERVIEW THE IMPORTANCE OF SEWING ACROSS THE AFRICAN DIASPORA!

This event is FREE! We hope to see you there!

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## THIS YEAR IN REVIEW

**JOIN OUR**

**GREAT MINDS THINK**

YOUTH PARTICIPATORY ACTION RESEARCH PROJECT

**DO YOU....?**

- care about your peers, family & community?
- wonder what your peers think about civic engagement, education, mental health, housing and public safety?
- want to learn how to use research to build youth power to make change?

The research team will meet weekly starting January 2025.

We learn to use research methods to discover the wants and needs of our peers.

Each participant receives \$15 per hour stipend.

**APPLY NOW!!**

EMAIL:  
**YUCYOUTH@GMAIL.COM**  
**BY DECEMBER 6TH**  
TO GET STARTED

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## JOIN US IN GIVING



Giving Tuesday is almost here. On December 2, we will come together to celebrate generosity, community, and the power of young people leading change through Youth United for Change.

This year, your support will strengthen five key programs that help youth learn, lead, heal, and serve their communities:

- The Leadership Library
- Healing Justice Toolkit and Workshops
- Arts and Media Project
- Youth Leadership Cohorts
- Community Fridge



Every contribution, large or small, helps build a future where young people have the tools, knowledge, and confidence to transform their communities.

Give early or share the campaign to help us reach more supporters. Together, we can make Giving Tuesday a day of lasting impact.

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## CALL TO ACTION

### LETTERS TO PHILLY YOUTH

IN LIGHT OF THE SYSTEMIC VIOLENCE  
FACED BY PHILADELPHIA'S YOUTH,  
YOUTH UNITED FOR CHANGE INVITES  
YOU TO WRITE THEM A LETTER. WE  
THANK YOU FOR TAKING A MOMENT TO  
PROVIDE ADVICE, ENCOURAGEMENT,  
REASSURANCE, OR RESOURCES.

PLEASE SHARE YOUR RESPONSES BY  
SCANNING THE QR CODE:



# YOUTH UNITED FOR CHANGE

WINTER 2025



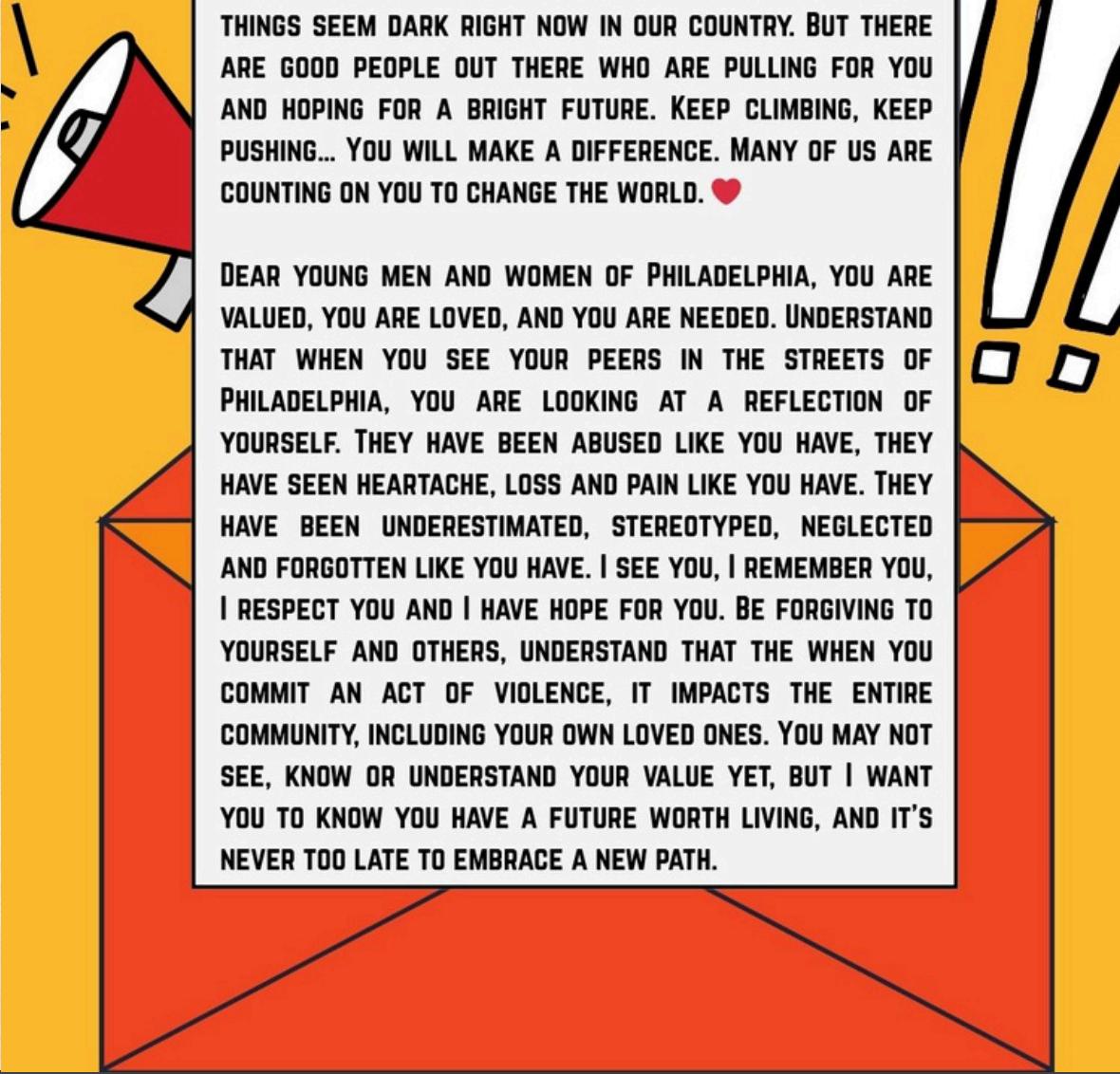
[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## CALL TO ACTION

### LETTERS TO PHILLY YOUTH



HELLO! I WANT TO SHARE A MESSAGE OF HOPE. I KNOW THAT THINGS SEEM DARK RIGHT NOW IN OUR COUNTRY. BUT THERE ARE GOOD PEOPLE OUT THERE WHO ARE PULLING FOR YOU AND HOPING FOR A BRIGHT FUTURE. KEEP CLIMBING, KEEP PUSHING... YOU WILL MAKE A DIFFERENCE. MANY OF US ARE COUNTING ON YOU TO CHANGE THE WORLD. ❤️

DEAR YOUNG MEN AND WOMEN OF PHILADELPHIA, YOU ARE VALUED, YOU ARE LOVED, AND YOU ARE NEEDED. UNDERSTAND THAT WHEN YOU SEE YOUR PEERS IN THE STREETS OF PHILADELPHIA, YOU ARE LOOKING AT A REFLECTION OF YOURSELF. THEY HAVE BEEN ABUSED LIKE YOU HAVE, THEY HAVE SEEN HEARTACHE, LOSS AND PAIN LIKE YOU HAVE. THEY HAVE BEEN UNDERESTIMATED, STEREOTYPED, NEGLECTED AND FORGOTTEN LIKE YOU HAVE. I SEE YOU, I REMEMBER YOU, I RESPECT YOU AND I HAVE HOPE FOR YOU. BE FORGIVING TO YOURSELF AND OTHERS, UNDERSTAND THAT THE WHEN YOU COMMIT AN ACT OF VIOLENCE, IT IMPACTS THE ENTIRE COMMUNITY, INCLUDING YOUR OWN LOVED ONES. YOU MAY NOT SEE, KNOW OR UNDERSTAND YOUR VALUE YET, BUT I WANT YOU TO KNOW YOU HAVE A FUTURE WORTH LIVING, AND IT'S NEVER TOO LATE TO EMBRACE A NEW PATH.

# YOUTH UNITED FOR CHANGE

WINTER 2025



[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)



DECEMBER 2025

## PROGRAMS AT YUC

### YUC PROGRAMMING

#### Tuesday

Youth Drop-In

3:00 - 6:00PM

Community Drop-In

11:00-2:00PM

#### Wednesday

Youth Drop-In

3:00 - 6:00PM

Community Drop-In

11:00-2:00PM

#### Thursday

Youth Drop-In

3:00 - 6:00PM

Community Drop-In

11:00-2:00PM

LEADERSHIP TRAINING

LITERACY SUPPORT

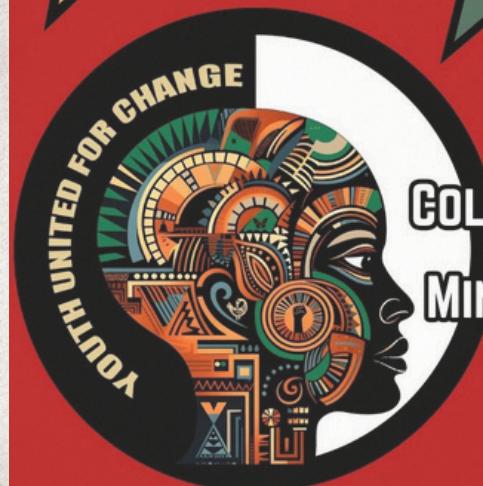
LIFE SKILLS,  
COLLEGE READINESS

CASE MANAGEMENT

QTBIPOC SUPPORT GROUPS

COLLABORATIVE MEDIA PRODUCTION

MINDFULNESS, MEDITATION, YOGA



Youth United  
for Change



@yucphilly

[YOUTHUNITEDFORCHANGE.ORG](http://YOUTHUNITEDFORCHANGE.ORG)

520 N CHRISTOPHER COLUMBUS BLVD

# 205, PHILADELPHIA, PA 19123

[YUCYOUTH@GMAIL.COM](mailto:YUCYOUTH@GMAIL.COM)