

**NEW YORK CITY'S HOMELESS TEENS GET ADVICE FROM A SPECIAL GUEST,
GRAMMY-WINNING ARTIST MIGUEL DISCUSSES HANDLING CHALLENGES**

Miguel speaks to 60 homeless teens living in DHS shelters about how to cope during hard times

AUGUST 5, 2015 – Today, 60 homeless teens living in New York City shelters attended a special event to help them cope with their struggles and stresses. The kids attended a “Comfort Drop” hosted by the [Precious Dreams Foundation](#) and the New York City Department of Homeless Services (DHS) in midtown Manhattan, where they were surprised with a visit from special guest, singer/songwriter, Miguel. Miguel spoke to the children about growing up in a tough neighborhood, getting bullied, and how he was able to overcome the naysayers.

When Miguel opened up the conversation to questions from the floor, one attendee asked, "How do you deal with challenges?"

He answered, "The most important thing is being passionate about what you're doing and really believing in something. That's what takes you beyond the challenges."

The children then had the opportunity to take pictures with Miguel and received Comfort Bags sponsored by Precious Dreams Foundation, each containing items to help cope with stress and difficult situations, including journals, stress balls, and books.



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