

SAVE THE DATE!

a day for YOU

**ALAMEDA | CONTRA COSTA | SOLANO | YOLO
TRANSITION AGED YOUTH
IN FOSTER CARE (14-24)**

MARCH 21, 2020 | 10AM-4PM

DEJEAN MIDDLE SCHOOL

3400 MACDONALD AVE, RICHMOND

New Workshops & Fun!

Resumes & Interviewing
Communication & Mindfulness
Interactive Trade Demos
Hair & Barbering
Fashion, Art, Music, Sports
& more!

How do I join?

Same day registration
Eligible participants will
receive a stipend!
Questions? Contact Mandy:
mswirsding@richmondpd.net
510-965-4923



FOSTER CARE **YOUTH** CONFERENCE

Eligible Participants will receive a **STIPEND** for attendance.

FIRST AND LAST NAME:

Mark One Youth Participant 14-24 Provider/Parent

Address: High School ONLY-- Graduation Year

Phone Cell/Text E-mail

COUNTY WHERE YOU LIVE ALAMEDA CONTRA COSTA SOLANO OTHER

CARE PROVIDER/PARENT

EMERGENCY CONTACT NAME & PHONE (REQUIRED):

PLEASE CHECK THREE (3) WORKSHOPS WHICH INTEREST YOU. RATE YOUR INTEREST BY 1, 2, & 3

Youth/ Young Adult Workshops	Descriptions
So, you Got an Interview?	Ready to work? In this workshop we'll discuss mock interviews, job on boarding, and career self-advocacy.
Who's in your circle? <input type="checkbox"/>	Learn about healthy boundaries, communication, values, and how to better manage the social media world.
Safe and Sexy	Learn about sex-ed, LGBTQIA resources, boundaries, pleasure and compatibility.
Be aware of YOU!	Explore mindfulness skills for de-escalation and learn how to better manage your emotions.
Adulting	Need help in figuring out how to live independently? Then this is the workshop for you! Learn how to take care of bills, budgeting, cleaning, leases, rights, THPs and AB12.
Officer Office Hours	You've got questions? We've got answers. This workshop is to open up the conversation between police officers and you. This will be a relaxed, and open way for you to ask questions, and will also give you an opportunity to learn more about the people behind the badge.