



Updated: 1/3/2018

# ILP Workshop Schedule - First Quarter 2019

January Workshops					
Day	Date	Topic	Time		Location
Tuesday	15	Per Mentor Led Workshop - Who Am I? Sharing Your Journey Through Art and Expression	5:30 PM	8:30 PM	Orangewood Foundation
Thursday	24	Saddleback Skillz 4 Life - Greatness from Great Choices	5:30 PM	8:30 PM	Orangewood Foundation
Thursday	31	** Gender Identity, Expression and Orientation AND Identifying and Building Healthy Relationships **	5:30 PM	7:30 PM	Orangewood Foundation
February Workshops					
Day	Date	Topic	Time		Location
Thursday	7	** Teen Dating Violence and Bystander Intervention. Presented by: Laura's House & H.E.A.R.T. **	5:30 PM	8:30 PM	Orangewood Foundation
Thursday	21	Dating Apps, Internet Safety and Cyber Bullying	5:30 PM	8:30 PM	Orangewood Foundation
Wednesday	27	Young Adult Leaders (18-21 Year Olds ONLY) - Set It and Forget It - CrockPot Cooking	5:30 PM	8:30 PM	Orangewood Foundation
Thursday	28	Saddleback Skillz 4 Life - Different Maker Habits	5:30 PM	8:30 PM	Orangewood Foundation
March Workshops					
Day	Date	Topic	Time		Location
Wednesday	6	Tips For Managing Your Money - Budgeting	5:30 PM	8:30 PM	Orangewood Foundation
Thursday	14	<b>Live Performance -</b> **Legacy of Hope & De-Stress for Success**	5:30 PM	8:30 PM	Orangewood Foundation
Saturday	23	<b>SPECIAL EVENT - Belle of the Ball (LADIES ONLY)</b>	8:00 AM	12:30 PM	Orange Coast College
Thursday	28	Saddleback Skillz 4 Life - The Model for Future Success	5:30 PM	8:00 PM	Orangewood Foundation

## Helping Hands Community Service Workshop

Orangewood Foundation offers Community Service Workshops which enable ILP eligible youth to earn money in their Orangewood Account, while also earning community service hours.

Date	Topic	Time		Location
Saturday 1/5/19	The Riverbed - Renewable Farm Assistance	10:00am	12:00am	The Riverbed Farm

Please note that workshops may be added and workshop times, dates & location may change at any time! Please check our website ([www.orangewood4you.org/ilp](http://www.orangewood4you.org/ilp)) for the most up to date schedule.

RSVP opens at 4:00 p.m. on the 25th of each month.

To RSVP, Please log onto [www.orangewood4you.org/ilp](http://www.orangewood4you.org/ilp)

Be sure to RSVP to receive additional details regarding parking, what to bring, or any changes to the workshops.

**Sensitive Topics are identified with \*\* Please prepare youth accordingly**

For more info, contact Christian Brown at (714) 619-0227 or [cbrown@orangewoodfoundation.org](mailto:cbrown@orangewoodfoundation.org)

### Location Info

#### Orangewood Foundation

1575 East 17th Street  
Santa Ana, CA 92705

#### Orange Coast College

2701 Fairview Road  
Costa Mesa, CA 9262

#### The Riverbed

1426 E. Vermont Ave.  
Anaheim, CA 92805

## Workshop Descriptions

### January

**January 15th - PEER MENTOR LED WORKSHOP - WHO AM I?** - Join us for this special workshop planned by your Peer Mentors! We'll each create a page that tells our story through words, art, or whatever you'd like. We will then collect and scan all of the pages and make them into a book that we will share with everyone electronically!

**January 24th - SADDLEBACK SKILLZ4LIFE** - Skillz4Life Workshops provide important life skills training for youth who are transitioning into independent living; helping them to realize their personal potential. Good food, great desserts, and interactive table discussions with individuals who care about youth, combine for a fun and worthwhile evening!

**January 31st - GENDER IDENTITY, EXPRESSION AND ORIENTATION and IDENTIFYING AND BUILDING HEALTHY RELATIONSHIPS** - This interactive workshop will dive into sex, gender identity, expression and orientation by defining the differences between assigned sex, gender identity, gender expression, and sexual orientation, and creating a culture of respect for sexual minorities. The second half of this workshop will talk through Healthy Relationships by identifying the essential elements, recognizing and establishing boundaries and identifying effective communication strategies

### February

**February 7th - TEAM DATING VIOLENCE AND BYSTANDER INTERVENTION** - Healthy Emotions & Attitudes in Relationships Today is an interactive workshop to prevent adolescent dating abuse. Adolescent dating abuse is disturbingly common in Orange County. Laura's House is dedicated to the prevention and treatment of dating abuse and offers a free educational program for youth to address this wide spread issue.

**February 21st - DATING APPS, INTERNET SAFETY AND CYBER BULLYING** - Special Guest Officers from the OC Sherrifs Department will be speaking about dating apps, dating sites and cyber bullying. Their years and years of experience give them valuable insight into the dangers of these sites, and key points on how to stay safe, which they will share with you.

**February 27th - SET IT AND FORGET IT - CROCKPOT COOKING (18-21 YEARS ONLY)** - Taste some delicious Crock Pot recipes, then do all the prep work with us as you prepare a meal to take home to cook in your very own crock pot. All participating youth will receive a Crockpot to take home!

**February 28th - SADDLEBACK SKILLZ4LIFE** - Skillz4Life Workshops provide important life skills training for youth who are transitioning into independent living; helping them to realize their personal potential. Good food, great desserts, and interactive table discussions with individuals who care about youth, combine for a fun and worthwhile evening!

### March

**March 6th- TIPS FOR MANAGING YOUR MONEY - BUDGETING** - Ever run out of money *a few days before* payday? Haven't we all?! Join us as we talk through some strategies on how to better manage your money in order to help you make it to payday with some cash in your pocket... Step 1: Tell your money what to do... by creating a budget.

**March 14th- LIVE PERFORMANCE "LEGACY OF HOPE AND DE-STRESS FOR SUCCESS"** - LEGACY OF HOPE makes the relationship between destructive choices (including opioid addiction, alcohol and drug abuse, violence, self-harm, suicide, depression, grief/loss, gangs) and the underlying emotions and mental health issues of today. This will be followed by the DE-STRESS FOR SUCCESS® Workshop, which provides emotional coping skills that youth and adults need: from mindfulness, quiet mind, clarity of choices, calm, to reduction of fear/overwhelm/negative self talk etc.

**March 23rd - BELLE OF THE BALL – ILP Eligible Ladies 16-19 ONLY!** Ladies, this is a day about YOU! Get ready for prom with a personal shopper who will help you find the perfect dress for your special night! Come get pampered with a one-on-one makeover, learn why beauty starts within, and walk away with some awesome giveaways!

**March 28th - SADDLEBACK SKILLZ4LIFE** - Skillz4Life Workshops provide important life skills training for youth who are transitioning into independent living; helping them to realize their personal potential. Good food, great desserts, and interactive table discussions with individuals who care about youth, combine for a fun and worthwhile evening!

### Helping Hands - Community Service Workshop

**January 5th - THE RIVERBED - RENEWABLE FARM ASSISTANCE** Join us for a tour of "The Riverbed," a beautiful urban farm and wedding/event venue, hidden right in the middle of Anaheim. The Riverbed uses the money raised from hosting events, and the support of volunteers to grow food that is donated to local Families in need. After the tour, we'll get our hands dirty and help out around the farm/garden. Check them out at <http://www.renewablefarms.com/>