

ILP Workshop Schedule - November 2020

PLEASE NOTE: The COVID-19 pandemic will continue to have an impact on ILP workshops for some time. All in-person ILP workshops have been cancelled until at least January 2021. In their place, Orangewood ILP will be holding virtual workshops through Zoom.

To keep workshops as interactive as possible, the number of spots available may be limited * Participants will receive the link to attend only after RSVPing for the workshop.

Zoom Workshops

Day	Date	Topic	Time	Location
Thurs	5	**Holiday Coping Skills** <i>Designed for Youth and/or Caregivers</i>	6:00pm - 7:30pm	Online - Zoom
Wed	11	Use your voice for change with the CYC	6:00pm - 7:30pm	Online - Zoom
Tues	17	Maintaining a Healthy Relationship in a Technological World	6:00pm - 7:30pm	Online - Zoom
Wed	18	How to make \$2,000 this year!	6:00pm - 7:30pm	Online - Zoom

EARN EXTRA ILP \$: Especially during this time, we encourage all ILP eligible youth to complete take home activities in order to earn money in their ILP account. A list of all assignments can be found at:
<https://www.orangewood4you.org/ilp/ilp-take-home>

RSVP opens October 24th, 2020. To RSVP, Please visit:

<https://www.orangewood4you.org/zoom-workshop/>

Be sure to RSVP to receive the link to attend the Zoom meeting.

**** Workshops with ** will have content designed for both Caregivers AND Youth ****
However, caregivers are welcome to attend any ILP workshop.

Please note that workshops may be added and workshop Times, dates & locations may change at any time! Please check our website (www.orangewood4you.org) for the most up to date schedule, and RSVP

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

PLEASE SEE THE BACK OF THIS PAGE FOR WORKSHOP DESCRIPTIONS

WORKSHOP DESCRIPTIONS NOVEMBER 2020

November 5th - Holiday Coping Skills - It's no secret that the Holidays can be a really difficult time for a lot of us. Add in external pressures to pretend everything is OK and it can be overwhelming at times. We can't promise you that it'll be easy this year, but we can help each other understand why it can be so tough around this time, and offer some coping skills you can use to help make it more manageable. We'll offer some tips for staying positive, and discuss as a group what we've each done to get through the holiday season. This workshop will be designed for both youth and Caregivers.

November 11th - Use your voice for change with the CYC - Do you ever feel like you have some great ideas on how you can make the system better, but have no idea where to start? Join us to learn more about CYC, the California Youth Connection. The CYC is a group of former foster youth who push for change through both state and federal government. CYC was responsible for creating AB12, which has been a HUGE help for youth preparing to leave foster care. Learn how you get get involved and make real change to the foster care system

November 17th - Maintaining a Healthy Relationship in a Technological World - Relationships are hard. That's no surprise to hear for anyone who has ever been in one. But these days, with so much of our lives connected to technology.. it hasn't gotten easier. Join us for some tips on how to keep your relationships in a healthy, safe place.

November 18th - How to make \$2,000 this year! - No. This isn't a scam. Join Orangewood YSS Bao Tran as he walks you through some easy ways to earn money, both through the Orangewood Foundation, and other sources, over the next year. Hint: Attending this workshop gets you started with up to \$20!