

# ILP Workshop Schedule - April 2021

**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 June 2021. In their place, Orangewood ILP will be holding virtual workshops through Zoom.

**\*Participants will receive the link to attend only after RSVPing for the workshop.\***

## Zoom Workshops

Day	Date	Topic	Time	Location
Tues	6th	Understanding Stocks <i>With The Female Economist and The Raise Foundation</i>	5:00-6:30PM	ZOOM
Thurs	8th	Mindfulness - Bullet Journaling <i>with Orangewood USC Intern Adina</i>	6:00-7:30PM	ZOOM
Thurs	15th	Building + Maintaining Friendships During Hard Times	6:00-7:30PM	ZOOM
Thurs	29th	Acing a Video Interview <i>Presented by Target</i>	6:00-7:30PM	ZOOM

## Workshops Designed for Youth and/or Caregivers

Tues	20th	Understanding ACES - English	6:00-7:30PM	ZOOM
Thurs	22nd	Comprensión ACEs (Experiencias Adversas en la Infancia) - Spanish	6:00-7:30PM	ZOOM

**RSVP opens on March 24th, 2021. To RSVP, Please visit:**

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

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

Please note that workshops may be added and workshop *Times, dates & locations may change at any time!* Please check our website ([www.orangewood4you.org](http://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](mailto:cbrown@orangewoodfoundation.org)**

**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>

# WORKSHOP DESCRIPTIONS APRIL 2021

**April 6th - Understanding Stocks:** *With The Female Economist and The Raise Foundation* - After all the excitement from the Gamestop stock explosion, we have had multiple requests for a workshop on how the stock market works... well, ask and you shall receive. Join representatives from The Female Economist and The Raise Foundation as we dive into the world of the Stock Market. We will get an overview on what stocks are, and how the stock market works. After learning the basics, we will break into groups, and with a pre-set budget, choose stocks, and using historical data have a contest to see which group would have made the most money!

**April 8th - Mindfulness and Bullet Journaling:** *With Orangewood/USC Intern Adina*- As many of us know, bullet Journals are a great way to stay organized. But their usefulness doesn't stop there. Bullet Journals can be used as a creative outlet and a way to get your thoughts on paper, as well as a way to track your mood, goals, and more. Join our USC intern Adina as she walks us through the ways Bullet Journaling can be a fun way to practice Mindfulness.

**April 15th - Building + Maintaining Friendships During Hard Times:** *With Beth* - Has the pandemic brought you closer together with friends? Or has it pushed you further apart? There is no doubt that this past year has changed the dynamics of our friendships. Now, more than ever, we need the support of our friends, but it can be tough to stay close when we can't be together in person like we used to. In this workshop we will get together and talk about all things friendship— how to stay connected, what to do if a friend is struggling, how to ask for help when we need it, when to end a friendship and so much more.

**April 29th - How to Ace a Virtual Interview:** *Presented by Target* Let's just say that our friends at Target know a thing or two about hiring youth. For this workshop, we'll get to learn a few interviewing tips straight from the source. We will be covering some pointers that are specific to Video interviews, as well as all job interviews in general.

## Workshops Designed for Youth and/or Caregivers

**April 20th - Understanding ACEs (English)** - Join Gary Taylor from The Raise Foundation and OC CAPC for a presentation on Adverse Childhood Experiences, toxic stress and the ACEs Aware initiative. Learn about how you can get more involved and the preventative steps that OC community members can take to "Keep Kids Safe, Healthy and Happy" in honor of Blue Ribbon Month.

**22 de Abril - Comprensión ACEs (Experiencias Adversas en la Infancia) - (Spanish)** - ACEs (Experiencias Adversas en la Infancia) y su Impacto en tu Salud y Bienestar: Aprende como crear salud en tu vida y en los que amas. La salud emocional afecta tu salud fisica y mental. Dedicar una hora y descubrir los ultimos hallazgos cientificos que transformaran tu vida, tu familia, tu comunidad!