

SELF ENHANCEMENT SERIES 2017

JOINT CAREGIVER/YOUTH WORKSHOPS

FOR YOUNG AGES 12 AND UP

Join us for a series of workshops designed to give youth in foster care opportunities to work on improving themselves and for caregivers to support them in this process while looking at your own strengths.

This four-week series will include:

February 25

Developing Self Concept - Do you have a healthy idea of who you are and how you see or feel about yourself?

Staying True to Yourself in a Relationship - Are you in healthy relationships? Are you being yourself or changing who you are to keep a relationship?

March 4

Advocating For Yourself - Know your rights and responsibilities. How do you have your voice heard yet remain respectful as you advocate for yourself?

Man 2 Man/Women 2 Women - How do others see you? Let's talk: hear from other men and women who have been where you are.

March 11

Creating a Vision For Yourself - Where do you see yourself in the future? If you envision it, you can achieve it.

Social Media and You - What image are you projecting of yourself in social media?

March 18

Checking Your Mental Health - Are you taking care of your physical, mental and emotional health?

Protecting Yourself From The Sex Trafficker - Unfortunately, youth in Foster care are being targeted for sex trafficking. Do you know how to avoid being a target?

Community Resource Fair

Lunch will be provided and caregivers will receive training hours

Workshops will be held on Saturdays

February 28, March 4, 11, and 18

10am to 1pm

Community Education Center

3035 E Foothill Blvd., Bungalow B-5

Pasadena, CA 91107

To register click here: <https://www.surveymonkey.com/r/QDLQXRZ>

or email STARSFostercare@pasadena.edu or call 626-585-3037



Hosted by:
Foster/Kinship Care Education and STARS
Pasadena City College Community Education Center
Phone: 626-585-3037 * E-mail: STARSFostercare@pasadena.edu

