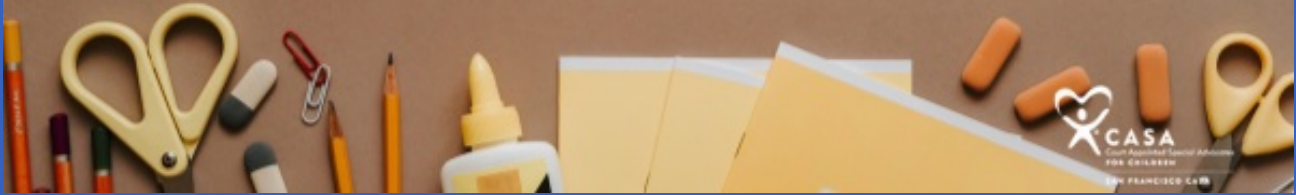


August 2022



Back to School Give Away!

Come and join us on **Saturday, August 20th from 10AM to 3PM** for a Back-to-School Giveaway! There will be backpacks, snacks, music, and more. Barbers will be providing haircuts from 10AM- Noon. Masks are optional, but we ask that if you are experiencing symptoms to not attend. You

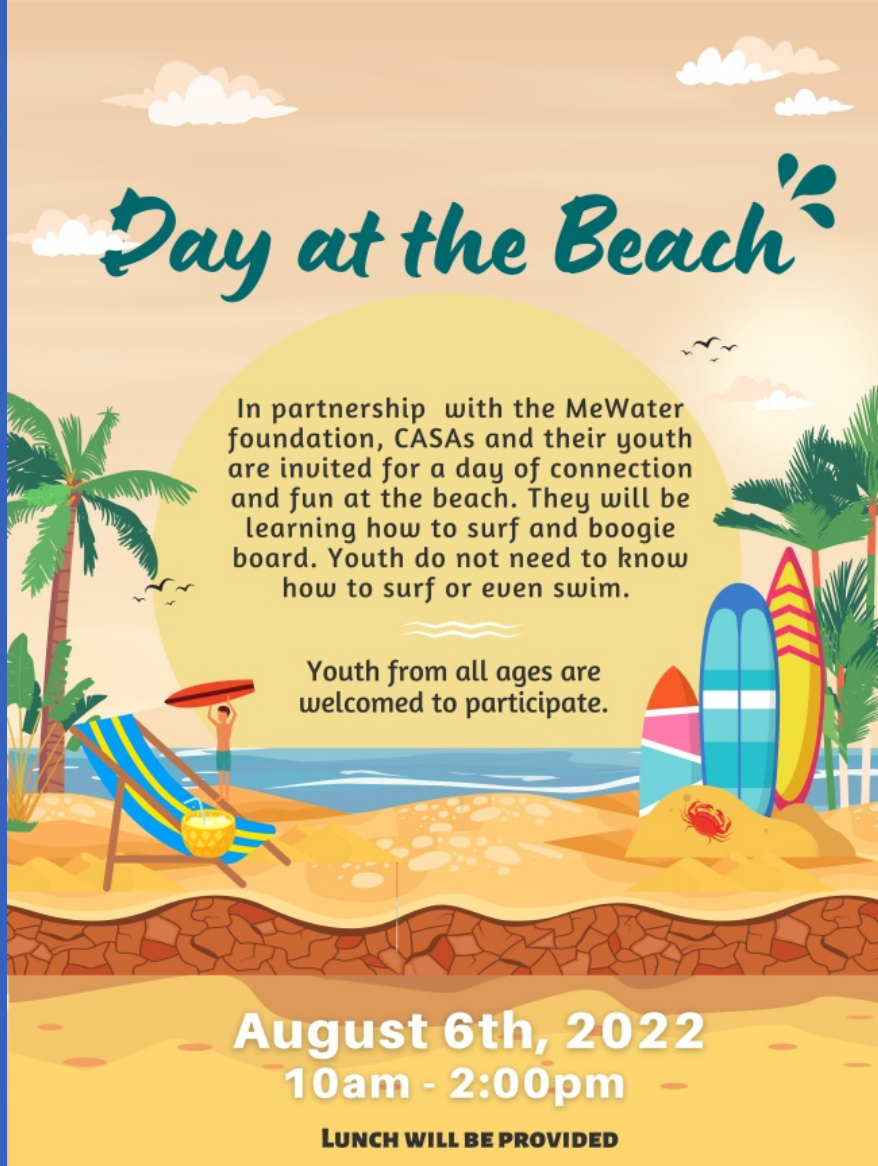
can reserve a backpack if you are unable to attend. All ages welcome!

The event will be hosted at Volunteer Annex, 2533 Mission St. Hope to see you there!

If you have any questions, please reach out to Educational Advocacy Specialist and Case Supervisor Alexis Austin at alexis@sfcasa.org.

Back to School Prep

All CASAs and ERHs should upload copies of their student's transcript/progress report to A.L., and make sure their student is enrolled in school in early August. Please contact your Case Supervisor for support if needed.



SFCASA has a Beach Day?! YES WE DO!

For the second time, SFCASA has partnered with MeWater Foundation to bring youth, advocates, caregivers and families, the opportunity to spend a day learning to surf and boogie board! You don't know how to surf? You don't know how to swim? No problemo! SFCASA Beach Day is available to ANYONE open to simply enjoying a day out on the beach, spending time in community and digging your toes in the sand!

Did we say anyone? SFCASA Beach Day is open to ANYONE who is interested. There is NO AGE LIMIT and NO NEED FOR EXPERTISE in surfing or swimming. Wetsuits will be provided to all who attend, snacks and lunch will be provided and get this... ALL FREE OF CHARGE. We will ask all attendees to provide their height, weight and preferred gender, to ensure the most comfortable wetsuit experience.

SFCASA Beach Day will be taking place AUGUST 6, 2022 from 10am-2pm at Half Moon Bay.

Attendees younger than 18 years old OR planning to be at the beach, will need to sign a waiver.

If transportation is an issue, Please, PLEASE let your Case Supervisor know.

All volunteers present are CPR/ First Aid Certified and open-water training certified.

Our contact at MeWater Foundation is Eddie Donnellan. Eddie is asking all attendees bring the following: Bathing Suit, Towel, Warm Clothes, Sunscreen, Water Bottle

Eddie has kindly shared his contact information as well: (415) 572-3288 or at eddied@mewaterfoundation.org. Eddie has asked that anyone with any questions or concerns, CALL or TEXT him. He is happy to answer any questions and address any concerns.

Please email the completed Waiver to Mel Romero (Mel@sfcasa.org) or Leticia Palacios (Leticia@sfcasa.org) by 07/29/2022.

We hope you will join us at SFCASA's Beach Day!



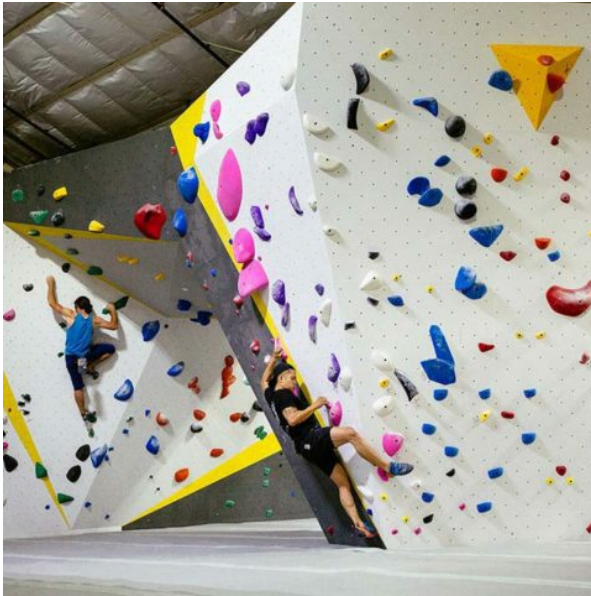
Planet Fitness Summer Pass

Free Summer Membership Pass provided by Planet Fitness! *Teens ages 14-19 can work out for free all summer at participating locations through August 31.* Those who register for a summer pass, will be entered for a raffle for a chance to win a \$500 scholarship, with one awarded per state. Plus, you'll be entered to win a \$5,000 grand prize scholarship!

You may register or learn more information [here](#).



Indoor Rock Climbing and Bouldering Classes for Youth & CASAs!



SFCASA has partnered with **Touchstone Climbing**, an indoor rock climbing gym to offer free classes for CASAs and youth at all locations! Their locations include **San Francisco, Oakland, Berkeley, Sacramento, and Fresno.**

Details:

CASAs who are members of Touchstone or become members may add their youth to their membership for free.

Free Intro to Climbing Class

Learn the basic skills needed to start

rope climbing: how to secure your harness, tie a figure 8 follow-through knot and complete your safety checks. You will also learn how to belay using an ATC belay device, catch a fall and lower your climber back to the ground.

If it is your first time rope climbing, this class is required for advocates and youth 14 and older to learn to belay. Youth 13 and under may observe you in the class as you learn and climb with you afterwards

Free Intro to Bouldering Class

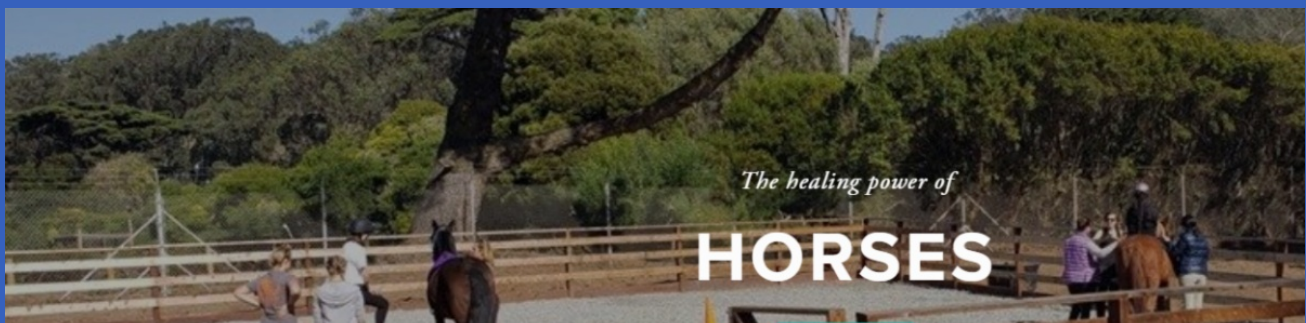
Get an overview of safety practices, the layout of the gym, bouldering etiquette, and basic technique. This class is highly encouraged for first timers.

For all classes, please arrive at least 15 minutes before the class starts. Reservations made in advance online or over the phone are recommended.

Contact our **Program Assistant** for a pass that you can redeem at any Touchstone location. This pass can be used for a day pass or for adding your CASA youth to your Touchstone membership.

Before your visit, please complete your **online waiver** for yourself and your CASA youth. **All youth must have a waiver signed by a parent, legal guardian, or caregiver.**

Full details available on our website [here](#).

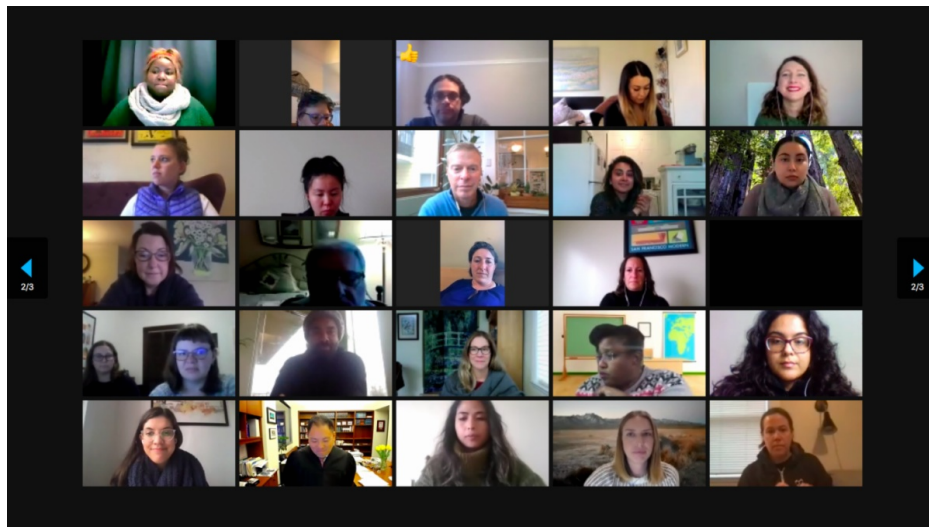


Hanging with the Horses

SFCASA has partnered with [Brady Therapeutic Riding](#) to offer low-key, safe and fun sessions learning about horses. Youth can come, hang out and decide what they want to do: volunteer-type activities (grooming, saddling horses, cleaning stalls) and/or get on the horse for a riding lesson, and/or a combination of the two! Brady Therapeutic Riding is located on the SF Zoo campus, and helps youth learn about being present, letting go of stories, and being aware of their body via relationships with gentle rescue horses. There are no foster youth labels or jargon at “Hanging with the Horses”, just a time and space to learn, grow and heal. SFCASA covers the cost of sessions. Introductory sessions are on Sunday mornings, after which times can be scheduled on afternoons W-F, and Saturdays. Please contact Program Manager Sue Lockyer (sue@sfcasa.org) for more information or to get started with “Hanging with the Horses”.

Upcoming SFCASA CE Opportunities

Enhance the impact of your advocacy!



Body Safety for Children

Wednesday, August 3, 2022, 6:00 - 8:00 PM on Zoom (2 CE Credits) with Vanessa Kellam

Children who have experienced trauma are extremely vulnerable to sexual exploitation and abuse. Join Vanessa Kellam from Health Connected as we learn how to engage with and support children around body safety and healthy relationships. This training is strongly encouraged for all CASAs serving youth 12 years and younger.

Register [here](#).

AB12 CE & Support Group

Wednesday, August 17th, 2022 6:00-8:00pm on Zoom (2 CE credits) with ILSP Education Advocate Tempest Smith

Is the young person you are supporting turning 18 within the next 2 years? Then this is the right CE for you! Come chat with other CASA volunteers and learn about a young person's transition into AB12! In this CE you will be able to learn about AB12, how your young person can continue to be eligible for AB12 until their 21st birthday, and what some of the common challenges are for young people as they turn in 18 and opt into extended foster care.

Register [here](#).

Maintaining Boundaries and Self Care

Monday, August 22, 2022, 6:00 - 8:00 PM on Zoom. (2 CE Credits) with Dr. Natalia Estassi

Establishing and maintaining healthy boundaries is key to the CASA Role.. Support is here! Participants will have the opportunity to explore the delicate balance of maintaining those boundaries and your own self-care when working with youth and families in foster care. In this training Natalia will explore the importance of what makes an effective youth supporter, self-disclosure, cultural sensitivity, self-care and vicarious trauma as well as resiliency.

Register [here](#).

CASA Community Network Huddle

Monday, Aug 22 from 6:00-7:00pm on Zoom (1 CE credit)

The CASA Community Network (CCN) is a network for CASAs, organized by CASAs and hosted by CASAs. We share, lean in and on, and support each other through events, such as The Huddle. In The Huddle we learn from experts - ourselves - we have collective years of expertise among us. We are a network of support - who better understands the ups, the downs, the joys, the challenges than we do.

Please join us for our next Huddle for informal sharing with and supporting of each other. All CASAs and ERHs are welcome to attend!

Register [here](#).

Back to School Advocacy

Wednesday, August 24, 2022, 6:00 - 8:00pm, IN-PERSON @ 2533 Mission St. (2 CE Credits) with Shira Andron of SFUSD Foster Youth Services Coordinating Program

A critical part of the CASA role is supporting youth to succeed at school. As students begin the new school year, CASAs should be involved in ensuring they have the educational resources and supports they need. Join Shira Andron and SFCASA staff as we explore best practices, foster youth education rights, and resources to support back to school advocacy. Dinner will be provided!

Register [here](#).

Learn How Six Counties Boosted Transition-Age Foster Youth Income through Tax Filing

Thursday, August 25, 2022, 9:30 a.m. to 11:00 a.m. on Zoom with John Burton Advocates for Youth

Learn the results of a project to increase foster youth utilization of state and federal

tax credits, stimulus checks, and tax rebates. JBAY partnered with SFCASA and others to offer free tax filing services to hundreds of foster youth resulting in more than \$725,000 in cash refunds. The project increased the annual income of participants by an average of 15%, with an average 2021 return of \$2,396. Panelists include Jenny Serrano from Los Angeles County Department of Child and Family Services, Anna Johnson from JBAY, and Alexis Obinna, a former foster youth and VITA volunteer with the project.

Register [here](#).

Please visit [Additional Continuing Education Opportunities](#) for alternative options.

Do you have ideas for future CEs? Let us know by emailing training@sfcasa.org

WEBINAR



How Six Counties Boosted Transition-Age Foster Youth Income Through Tax Filing

WHEN Thursday, August 25, 2022
9:30 AM - 11:00 AM

WHAT Please join John Burton Advocates for Youth for a webinar sharing the results of a project to increase foster youth utilization of state and federal tax credits, stimulus checks, and tax rebates. Participants will learn about the benefits of tax filing for TAY and what it takes to operate a Volunteer Income Tax Assistance site dedicated to current and former foster youth.

The webinar will mark the release of a report documenting the findings and recommendations from the project. Panelists include Jenny Serrano from Los Angeles County Department of Child and Family Services, Anna Johnson from JBAY, and Alexis Obinna, a former foster youth who volunteered with the project.



REGISTER HERE:
[TINYURL.COM/JBAY-WEBINAR](https://tinyurl.com/jbay-webinar)

**Transitional Age Youth/ Non-Minor Dependent Corner
(TAY/NMD)**

Friday Teen Nights

At India Basin

We're excited to share Friday Teen Nights will be coming to India Basin Shoreline Park (Hunters Point Boulevard and Hawes Street) this summer! There will be FREE food for teens, an inflatable obstacle course, LED arcade games, a mobile gaming truck and more! Teens will have a safe place to kick back and enjoy themselves out at the park. The first one will take place this Friday, July 29 from 5:30 to 8:30 p.m. Other dates include August 5th and August 12th. For more information, fill out the interest form below.



Register [here](#).

Summer Internships

Opportunities for ALL

Internship opportunities for youth ages 13-24.

Apply [here](#).

Fellowship Program for young adults aged 18-25 who have graduated high school or gotten their GED.

Apply [here](#).

CASA Tip of the Month

Wondering where is the next place you and your youth can hang out? Check out our [Free Tickets](#) page to see a complete list of places in the Bay area you can visit for free. Please contact the [PA Assistant](#) to obtain free tickets for your next meet up!



You can help
give a child the
gift of love.
Someone you
know could be
an amazing
volunteer.
Please, share
our message
with your friends
and family!

www.sfcasa.org/volunteer

