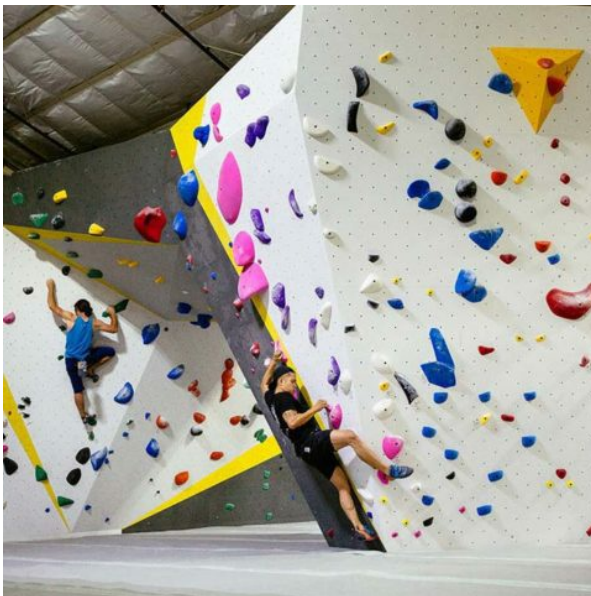


July 2022



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](#).

SFCASA's New Five-Year Strategic Plan and You— With Youth at the Center, Volunteers are the Heart!

Wednesday, July 27, 6p-7p (Zoom)



Please join us for a one-hour virtual town hall with Executive Director Kate Durham and members of the SFCASA Team to learn and get into conversation about the outcomes of our recent strategic planning process and our path forward. We will share about the feedback gathered from you and other stakeholders, present our vision for the next five years, and share how we will implement our work toward improved experiences and

outcomes for youth and families navigating child welfare, juvenile justice and related systems, including work toward prevention and formal aftercare support. Advocates will receive one hour of CE credit.

[Please register here to join us on July 27th!](#) After registering you will receive a confirmation email containing the Zoom link.

New Open Positions at SFCASA Help Spread the Word!



We are currently looking for two new team members to join SFCASA in the **Program Manager** and **Volunteer Engagement Coordinator** roles. We've always

appreciated the support of our amazing advocate community to help us identify new colleagues—please spread the word in your networks—thank you!

Growing Capacity and Support In Our Community

SFCASA is excited to share that over the next few months current Program Manager Shiko Wanjiku will be stepping into the newly created People and Culture Leader role! The People and Culture Leader role has as one of its objectives to create enhanced connection

and community building for advocates and staff members. Join us to learn more about Shiko's new role and our strategic plan as a whole at our upcoming [7/27 Virtual Town Hall](#). We are very mindful this internal transition impacts especially Shiko's advocates and she will be working closely with them and the rest of the SFCASA team to ensure as smooth and thoughtful transition to their new Case Supervisor. To this end, Shiko's advocates are encouraged to contact her more immediately if they would like.

A vibrant beach-themed poster for a 'Day at the Beach' event. The background features a bright sun, palm trees, a beach chair with a beach ball, surfboards, and a crab. The text is centered and reads:

Day at the Beach

In partnership with the MeWater foundation, CASAs and their youth are invited for a day of connection and fun at the beach. They will be learning how to surf and boogie board. Youth do not need to know how to surf or even swim.

Youth from all ages are welcomed to participate.

August 6th, 2022
10am - 2:00pm

LUNCH WILL BE PROVIDED

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.

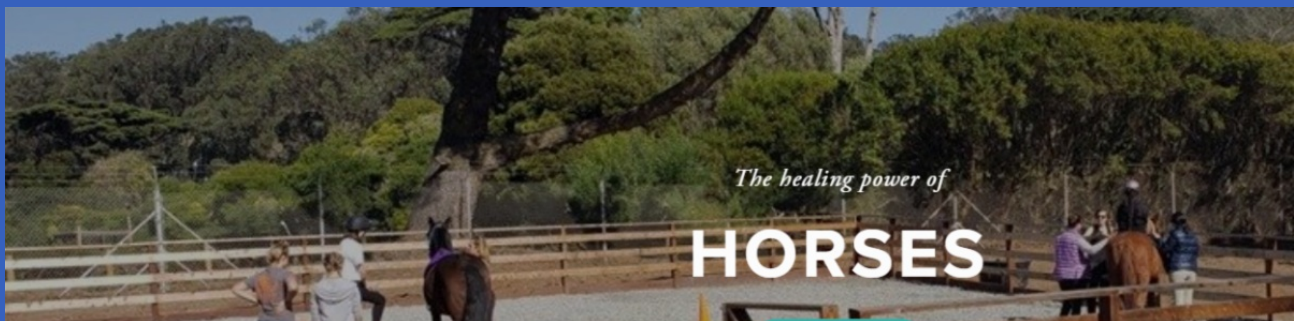
All volunteers present are CPR/ First Aid Certified and open-water training certified.

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!



Hanging with the Horses

If you serve a young person who could benefit from a safe, low-key, fun time learning about horses please ask them if they'd like to come to "Hanging with the Horses". We have partnered with Brady Therapeutic Riding, located at the SF Zoo, to offer SFCASA youth a chance to 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. This project is generously co-sponsored by National Council of Jewish Women.

Please contact Program Manager Sue Lockyer (sue@sfcasa.org) for more information or to get started with "Hanging with the Horses", or visit Brady Therapeutic Riding [website](#) to learn more.

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](#).



Talking about School Violence

In light of the recent school shootings, we want to encourage you to have open conversations with your youth about feelings that could have come up for them. We also acknowledge conversations like these can be difficult to have AND as advocates it is important to be ready to talk about these things and to be willing. Please continue to take care of yourself however that looks and to connect with your Case Supervisors to start and normalize these conversations and feelings.

In regards to your assigned CASA youth, some feelings coming up for them could be any fears, anxiety, grief, concerns they have about school safety. For some youth, school is their second home or a place where they feel safe. However, when unfortunate events like school shootings is something to worry about, school becomes more than just learning, seeing friends and connecting with your favorite teachers. Please consider brainstorming with your Case Supervisor first before having a conversation with your youth, you can both talk about best practices to support them and yourself. Please also consider the following resource as a guide and as a starting point to brainstorm with your Case Supervisor:

<https://childmind.org/article/anxiety-school-shooting/> .

FostrSpace

An app tailored to your mental health and wellness needs

Looking for emotional wellness and other resource support?

Are you...

- 1) Involved in the foster care system (or have been before)?
- 2) Living in the San Francisco Bay Area?
- 3) Between the ages of 18-26?

At no cost to you or your insurance.

FostrSpace includes access to:

- Mental health clinicians
- A resource navigator and directory
- Goal organization
- Mood check-ins

Visit www.fostrspace.com

OR

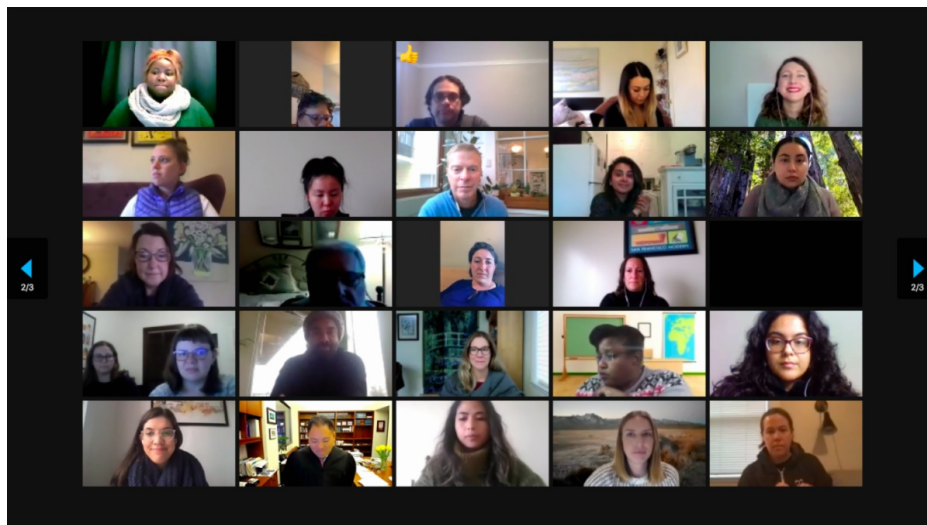
Use your phone's camera to scan the QR code to learn about the app and join the community!

Sign up today



Upcoming SFCASA CE Opportunities

Enhance the impact of your advocacy!



Education Rights Holder Booster

Wednesday, July 13, 6:00-8:00pm, IN-PERSON 2533 Mission St. 2 CE Credits
If you hold or co-hold Education Rights for the youth you serve, please plan to attend this booster training (all CASAs are welcome to attend). We will review expectations of the role, common challenges for educational advocacy, as well as

resources available to support trauma informed educational support for CASA students. Dinner will be provided!

Register [here](#).

Replacement Behaviors: The Meaning Behind Behavior

Monday, July 18, 2022, 6:00 - 8:00 PM on Zoom. (2 CE Credits) with Dr. Natalia Estassi

As CASA volunteers do you find yourself thinking about how to support youth with behavioral coping skills? In this training Natalia will explore this important aspect of your advocacy to understand and explore strategies to model and promote replacement behavior, which is the behavior you want to replace an unwanted target behavior when working with youth in foster care.

Register [here](#).

CASA Community Network Huddle

Monday, July 25 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](#).

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](#).

Working with Juvenile Justice Involved Youth 101

Wednesday, August 10th, 2022 6-8 PM on Zoom (2 CE credits) with SFCASA Juvenile Justice Coordinator, Luna Robledo

This training is intended for current and future CASAs matched with a young person in the juvenile justice system, if you serve a youth in the JJ system or a young adult accessing AB12 through Probation, please plan to attend this training. Serving a JJ youth has key differences in many areas including: the team members, the court hearing types and procedures, the key advocacy areas, the resources available to the youth, and more. Additionally, the youth themselves tend to have different experiences and characteristics than their dependency involved peers that are crucial to understand when connecting with a JJ youth in order to best serve them and their families. This training will dive into all the special

considerations of working with a justice involved teen or young adult. Specific questions or topics you would like to discuss are welcomed prior to training, submit to Luna at Luna@sfcasa.org.

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](#).

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](#).

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



CASA Community Network (CCN) July 25th, Huddle invitation



Monday, July 25th
From 6 to 7pm
Zoom Meeting

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

JOIN US FOR FREE FOOD, GOODIE BAGS, GIFT CARDS, RAFFLES AND RESOURCES AT.....

SFCASA'S SUMMER HEALTH FAIR!!

Register using QR code or link below for a chance to win gift cards!

LOCATION:
THE HYPE CENTER
JULY 16TH
12pm - 3pm
198 Potrero Ave.
SF, CA 94103
**Accessible by 16th street bart and muni lines 22, 33, 55, 9 & 9R*

REGISTRATION NOT REQUIRED BUT HIGHLY ENCOURAGED!

REGISTER HERE:
<https://forms.gle/T3Bpo6U4SeAY7ZXo8>

Logos for: CASA FOR CHILDREN THE SAN FRANCISCO CASA PROGRAM, UCSF University of California San Francisco, DREAM KEEPER, LEGACY, CHUMS, SFILSP, and FRESH TO MEET FROM YOUTH.

...AND MORE!!

SFCASA Summer Health Fair

SFCASA is hosting a Summer Health Fair! The fair will take place on July 16th from 12-3pm at the HYPE Center! Youth will have the opportunity to engage with different programs and resources around a variety of health topics! Some of the topics that will be present at the fair are nutrition, COVID, reproductive health, holistic healing and a provider table where youth will be able to health professionals any questions about health they may have! There will be lots of food, goodie bags, and opportunities to win gift cards!

All youth who attend will be entered into a raffle for a chance to win a

prize! Registration is not required but encouraged! Youth who register will receive an additional chance to win the raffle! Link and QR code for registration can be accessed through the flyer! Please contact TAY Coordinator, Theodora Liebhart at 628-867-7373 or theodora@sfcasa.org for any questions!

Summer Internships



The poster features the RAMS logo and the Hire-Ability logo. It lists eligibility criteria: current SF residents aged 18-24, or those turning 18 soon, who are interested in helping TAY (ages 16-24) with mental health challenges. It highlights the program's benefits: learning peer counseling skills, exploring mental health topics, and entering a paid internship. Contact information for Christian Ribeiro is provided, along with application deadlines and the first day of instruction.

Are you a current SF resident?
Between the ages of 18-24?
Or 17 and turning 18 soon?
Interested in helping TAY (ages 16-24) with
mental health challenges?

Youth 2 Youth

TAY PEER CERTIFICATE & EMPLOYMENT PROGRAM

- ✓ Learn and apply basic peer counseling skills
- ✓ Explore mental health topics relevant to TAY
- ✓ Enter a paid TAY Peer Internship program!

For more information contact:

Christian Ribeiro
Call/text (415) 530 - 9080
christianribeiro@hire-ability.org
www.ramsinc.org/youth/

Priority Application Deadline - July 1st PM PST
General Application Deadline - July 29th. 5 PM PST
First Day of Instruction - August 30th 3 PM PST

Made with PosterMyWall.com

Youth 2 Youth TAY Peer Certificate & Employment Program

Youth 2 Youth is offering youth ages 18-24 the opportunity to obtain a TAY Peer Certificate where they can learn and apply basic peer counseling skills and enter a paid TAY Peer internship program. Program Services include certificate and internships programs and employment services. The program is 16 weeks long and applicants must live in San Francisco and prove eligibility to work in the U.S.

For additional information on Youth 2 Youth and application deadlines you may read this [brochure](#). You can apply using this [form](#).

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

Is the youth you serve enrolled for the upcoming school year? If not, please contact the PSW, Educational Rights Holder (if not you) and the school to support enrollment as soon as possible. Most schools have someone handling enrollment over the summer. Check [HERE](#) for more information about educational advocacy.



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

