

June 2022

Bicycle Distribution Event

Saturday, June 18th

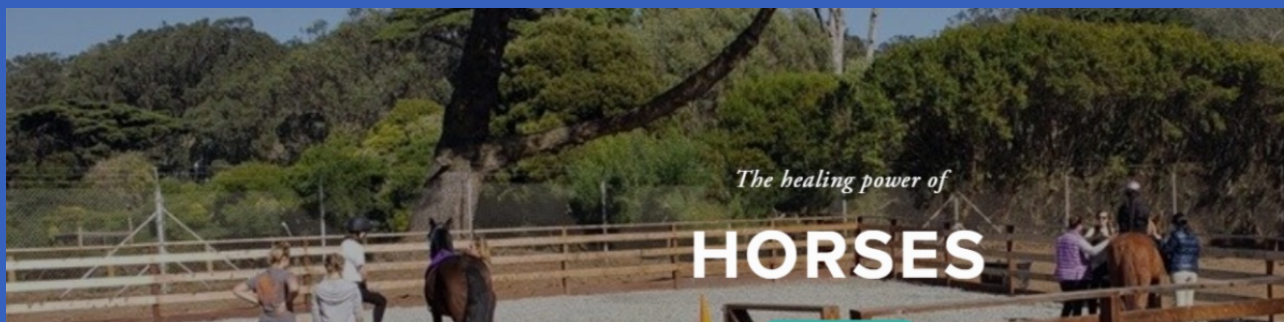
From 10 am to 1pm

Location, close to SFCASA office



SFCASA is teaming up with the San Francisco Bicycle Coalition to get youths on bikes. We have a limited number of bikes available for youths and parents/guardians so you can ride together! If you are planning to attend this event, please fill out this form. We want to match everyone with a well fitted bike.

Please register if you haven't!



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.

Do **YOU** want to earn some money?

Do **YOU** want to build community?

Are **YOU** interested in making change?

Are **YOU** looking for a leadership opportunity?

JOIN THE YOUTH EMPOWERMENT BOARD!!

TO VIEW JOB DESCRIPTION & APPLY SCAN QR CODE OR CLICK LINK BELOW

<https://www.sfcasa.org/tay-opportunities-and-events>

REQUIREMENTS:

- 17- 24 years old
- Currently or formerly system involved
- available 15-20 hours per month
- 9 month time commitment
- Prior work experience NOT necessary

Join The Youth Empowerment Board!

SFCASA is excited to announce we are recruiting for our very first Youth Empowerment Board! We are looking for 5 current or former system involved youth between the ages of 17-24 to work 15-20 hours a month for 9 months with our TAY Coordinator. Board members will share their expertise, build community, and address the various financial and systemic barriers that youth face. The deadline for youth to apply is by June 24th. Please support your youth in looking over the job description and application. If any

questions or concerns arise do not hesitate to reach out to TAY Coordinator, Theodora at theodora@sfcasa.org or 628-867-7373 for any questions!

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](#).



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



UCSF
University of California
San Francisco

ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

Summer Surf Camp

**June 13th-17th 2022, 9AM-1PM Daily,
Presented by City Youth Now and City Surf
Project**

Summer Surf Camp this year is for youth and young adults who are interested in learning more about surfing. This program is a collaboration with City Youth Now and City Surf Project. Youth ages 14-21 are eligible to participate for free. All needed equipment, transportation and lunch will be provided by City Youth Now and City Surf Project. This years camp will be held June 13-17th 9a-1p each day. Youth will need to meet at the City Youth Now office each day and will then be transported to the beach for programming. Please use this form to refer youth to this program. A member of our staff will reach out to them individually to confirm participation. Spaces are limited and will be filled on a first-come first-served basis. Please email at info@cityyouthnow.org with any questions. You may fill out the referral form [here](#).



Time to Plan for Summer

Please check in with the youth you serve, and their caregivers, to learn about any summer plans. If no plans are in place, please help them find and register for summer camps, jobs, internships and activities. Please see the [SFCASA Summer Programs 2022](#) to learn about a wide variety of academic, job readiness and just plain fun summer activities.



Earning CE Credit

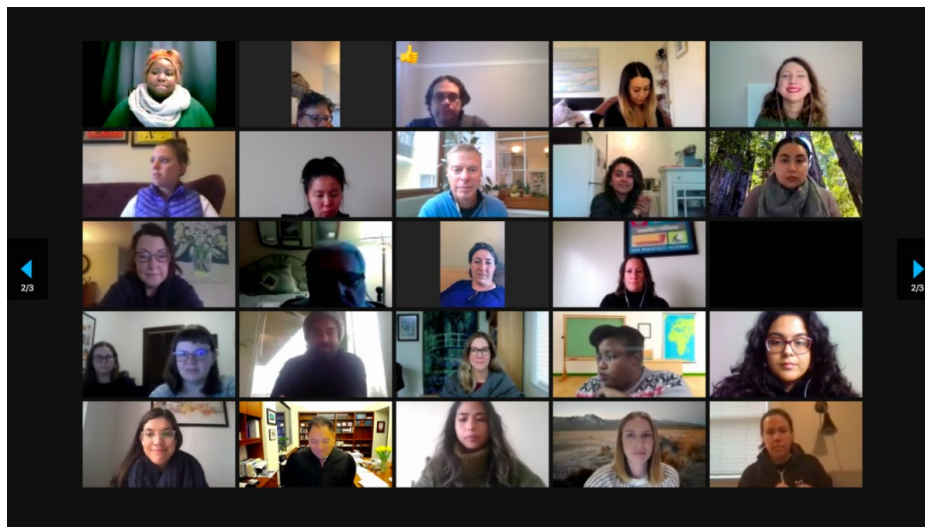
This is a friendly reminder that you will need a minimum of 12 CE credits each year, 4 of which will be through SFCASA trainings.

Please use the same email that you shared in Advocate Link when you register for SFCASA CEs. It helps us to give you CE credit.

When you have completed independent continuing education, such as a book or movie, you can request credit from your Case Supervisor via AL. Please click [here](#) to learn how to do it.

Upcoming SFCASA CE Opportunities

Enhance the impact of your advocacy!



Increasing self-awareness and self care for CASAs and Youth on Wednesday, June 15, 2022 at 6-8pm -In Person- @2533 Mission St. (2 CE Credits) with Life Coach and CASA Allison Roeser

Becoming more self-aware helps us to manage our thoughts, emotions, and behaviors rather than allowing them to manage us. The process of identifying our emotions and understanding our values is a lifelong process that is never too late (or early) to begin. Increased self-awareness paves the way for practicing and modeling self-management and self-care which is such an important part of the CASA role. Join us CASA and Life Coach Allison Roeser to explore and practice a

variety of self-awareness and self-care activities. Expressive arts, body scans and calming breath are just a few things you can practice on your own and/or together with the youth you serve. Since we value learning from each other, feel free to share any self-care and expressive techniques you have found useful in the CASA role.

Register [here](#)

CSEC Support Group

on Wednesday, June 22, 6:00-8:00pm -In-Person- @ 2533 Mission St. (2 CE credits). With Rakiah Kennedy and Sue Lockyer.

Supporting youth involved in (or at risk of) CSEC is hugely challenging for CASAs. If you serve a youth with clear or some concern of sexual exploitation, please join us for this unique support group. During our time together we will focus on supporting and learning from each other, reflection on points of advocacy, identification of next steps and resources.

Register [here](#)

CASA Community Network Huddle

Monday, June 27 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. Sometimes we learn from an expert guest speaker in continuing education sessions. 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.](#)

Trauma in Education

Wednesday, June 29, 6-8pm via Zoom (2 CE credits). With Jill Rowland and Elana Zada of Alliance for Childrens' Rights

Over 70% of youth in foster care aged 7 and above present with trauma and/or mental health symptoms which can impact their education in many ways. In this training you will learn about the impacts of trauma on brain development, relationships, behaviors and learning outcomes in school. We will explore strategies to support safe and trauma informed educational support to promote resilience for the youth you serve.

Register [here.](#)

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](#).

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 Youth 101

August 10th, 2022 6-8 PM on Zoom (2 CE credits) with 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 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](#).

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

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

**Let's Celebrate the
Graduates!**

If you serve a youth who will graduate from high school please help SFCASA to properly celebrate their accomplishment. Make sure the mailing address for them in A.L. is correct, because SFCASA will send a \$200 visa gift card to them upon graduation. Please be thinking about how you want to help them celebrate with family and/or caregivers – grad gifts and support for celebrations (décor, meal) can be reimbursed with prior Case Supervisor approval.



Summer Internships



Summer Jobs for Teens

6 WEEKS: JUNE 6 - JULY 15

EARN
\$17.34 HR

- Up to 25 hrs a week
- For grades 9-12
- On LLA campus on Treasure Island
- Free lunch daily

*Limited Openings in Gardening, Culinary,
Bike Shop, Filmmaking, and Art*



Life Learning Academy / 651 8th St, Treasure Island
Contact kbaker@llasf.org / 415.397.8957

Summer Jobs for Teens with Life Learning Academy

Teens interested in working this summer can apply to Life Learning Academy, where they can work for six weeks (June 6- July 15) and earn \$17.34/ Hr. Youth can work up to 25 hours a week and free lunch is provided daily. Limited openings are available in gardening, culinary, bike shop, filmmaking and art. Youth will be working on site of the Life Learning Academy in Treasure Island. If you are interested in learning more, you can contact kbaker@llasf.org.

Enterprise for Youth Green Careers Summer Internship

Youth ages 16-21 can earn up to \$1,300 while spending summer outdoors learning about the

ENTERPRISE
for YOUTH
founded 1969

GREEN CAREERS

2022 SUMMER INTERNSHIP

EARN UP TO \$1,300 !

SPEND SUMMER OUTDOORS AND LEARN ABOUT THE ENVIRONMENT, GREEN CAREERS, AND ECOLOGY IN SAN FRANCISCO PARKS. JUNE 13-JULY 29, 2022

- Develop your resume and transferable work skills
- Build, plant, maintain, and design gardens and other projects in San Francisco Parks
- Learn about year round opportunities such as retail training and jobs, resume and interview support, and leadership development

Scan here to sign up →



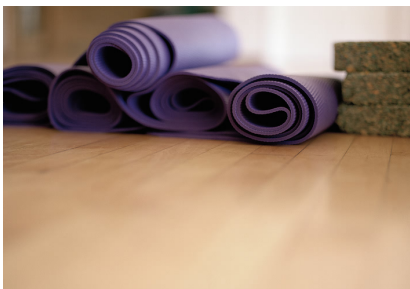

CALL: 628-900-8131 • INFO@ENTERPRISEFORYOUTH.ORG

environment, green careers and ecology in SF. July 13 – 29, 2022. Register [Here](#)

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](#).



Upcoming SFCASA Health Festival

SFCASA will be collaborating with community partners to host a health event in June! The event will be packed with information around the COVID-19 vaccine, holistic health, mental health, and reproductive health! Youth will be able to engage in activities and learning by visiting the various tables and community organizations! Please keep an eye out for further information within the upcoming weeks! Feel free to contact TAY coordinator and Case Supervisor, Theodora Liebhart, with any questions!

CASA Tip of the Month

CASAs are not first responders, but if a crisis occurs with the youth you serve, [Crisis Advocacy Mindsets and Strategies](#) (courtesy of CASA and Life Coach Allison Roeser) can be helpful.



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

