

## TUESDAY MAY 14, 2019

## WEDNESDAY MAY 15, 2019

**2:00 PM - 5:00 PM**  
Heather

### BLACK IN FOSTER CARE WORKSHOP

**PRESENTERS:**

- Christi Ketchum, California Youth Connections (CYC)
- Jasmine Harris, California Youth Connections (CYC)

**ABOUT:**

Black in Foster Care delves into the complex realities that African American children and families face within the child welfare system. Come join in interactive activities that give you glimpses into how issues from proper hygiene products to 'law enforcement focused' safety planning adversely impacts black dependent children. Hear poignant discussions surrounding how today's racial climate impacts black children being.

Also come learn about the 4 pillars of the #FosterStability 2.0 Campaign, new policy and the impact on youth and families as well as the Bay Area Leadership Academy!

**7:30 PM - 9:00 PM**  
Fire Pit

### CAMPFIRE

**ABOUT:**

Join us to hang out and make some delicious s'mores on the campfire!



**8:30 AM - 9:30 AM**  
Asilomar  
Conference  
Grounds

### ASILOMAR BIRDS & THEIR HABITAT HOMES

**PRESENTERS:**

Asilomar Staff/Guide

**ABOUT:**

Join Environmental Resources Staff on an easy and relaxing walk through the lower Conference Grounds to discover how the approximately 60 different bird species at Asilomar State Beach and Conference Grounds utilize their respective habitats – from Piney Woods to Surf and Shore!

Learn about the most-common Asilomar birds and how to identify them, their natural history, and fun facts about these feathered residents.

**9:35 AM - 12:00 PM**  
Heather

### WE DARE YOU TO SELF-CARE!

**PRESENTERS:**

- Ebony Chambers, Stanford Youth Solutions
- Christina Cagle, Stanford Youth Solutions

**ABOUT:**

In these busy and uncertain times, it is easy to just focus on the next item on your "to do" list and get lost in helping others. When time is of the essence, it may even seem selfish to practice self-care. We are all at risk of burnout and experiencing the negative effects of stress. Taking care of ourselves is essential to our well-being as well as serving and helping others to fulfill their greatest potential. We "dare" you to self-care! This workshop will provide a safe space for personal reflection and self-care visioning and planning, as well as provide ideas for simple self-care strategies to try in the moment and put into regular practice.