



**Independent
Living Program**
Department of Social Services
P.O. Box 8119
San Luis Obispo, CA 93403

Calendar of Events

The Independent Living Program

Fall 2010



In collaboration with:
The Department of Social
Services, Cuesta College, and
YESS-CA



What is ILP?

The Independent Living Program (ILP) provides services to San Luis Obispo County Foster and Probation Youth with the goal to empower youth through life skills education, supportive services, advocacy, and community collaboration. Through these services it is the Independent Living Program's mission for young adults to develop community and life long connections.

ILP has several caseworkers who provide supportive services to youth and their social worker or probation officer. Caseworkers provide one-on-one academic advising, housing and employment assistance, assistance in obtaining vital documents, and a number of other services that help youth to develop those life skills necessary for adulthood.

ILP services include: basic living skills classes, in which youth have the opportunity to earn college and high school credits, social events, financial incentives, employment assistance, transportation, driver's education/training and more!

Independent Living Program
Department of Social Services
P.O. Box 8119
San Luis Obispo, CA 93403
(805) 781-1700
Fax (805) 781-1940

WIA Youth Employment Program

- Academic Assistance
- Summer Employment Opportunities
- Assistance with Educational Placement & Job Placement
- Paid and Unpaid Work Opportunities

North County:

Call Brandee Brown at 459-3638

South County and San Luis Obispo:

Call Jenn Kirn at 459-9473

Cuesta College EOPS

(Extended Opportunity Program & Services)

- Assistance with admissions and financial aid.
- Academic, personal and vocational counseling
- Book grant up to \$200
- Field trips to 4-yr colleges
- Information on scholarships

Apply at Cuesta College and see if you are eligible.

Call today for more information:

SLO office: 546-3144 / North Co. Campus: 591-6214

ALPHA

(Acceptance-Life-Professional-Help-Alternatives)

Pregnancy and counseling support center

541-3367

- Free pregnancy tests and counseling, adoption and post-abortion counseling
- Medical, financial, housing, and legal assistance
- Maternity and baby clothing and equipment, diapers, food vouchers, and transportation.
- 24-hour hotline for crisis situations
- No qualifications and No fees

Safe and Sober

A Support group for women surviving substance abuse and domestic violence. The group is facilitated by a licensed therapist.

- Develop better coping skills
- Create healthy relationships
- Achieve higher levels of self-esteem

Domestic Violence Groups for Teens:

For both services, contact the Women's Shelter Program of SLO:473-6507

www.womensshelterslo.org

Resources

The Independent Living Program Staff

| | | |
|---|---|----------|
| ILP Supervisor: | Katie McCain kmccain@co.slo.ca.us | 788-2807 |
| ILP Case Manager: | Kelly Andreson kandreson@co.slo.ca.us | 781-1793 |
| ILP Permanency Case Manager | Summer Frappier sfrappier@co.slo.ca.us | 781-1753 |
| ILP Permanency Case Manager | Jennifer Breska jbreska@co.slo.ca.us | 781-1752 |
| ILP Clerical Staff : | Brandi Nichols bnichols@co.slo.ca.us | 788-2808 |
| CYC Staff: | Simone Steynberg ssteynberg@co.slo.ca.us | 781-1815 |
| Department of Social Services, CWS Main Office: | | 781-1700 |
| ILP Fax: | | 781-1940 |
| ILP Website: | http://www.slocounty.ca.gov/dss/ILP_Home.htm | |

TAY-FAP

(Transitional Aged Youth Financial Assistance Program)

Provides financial support to THPP, THP+, and other ILP eligible youth with needs related to enrolling in or maintaining enrollment in a college or vocational that are not covered by financial aid and other loans.

Talk to your ILP worker or FCN worker for information on how to apply.

T.H.E. Center CAP-SLO

Free Health Services for Males and Females:

For help with:

Contraception, STD's, Pregnancy Tests and more

For SLO Call: 544-2478 and

for Arroyo Grande Call: 489-4026

ILP Involvement Opportunities

Fall 2010

ILP Fall Orientation Ice Cream Social

Wednesday, September 9th 6-8pm

Join ILP staff to learn more about ILP. You will receive information on Life Skills Classes, YESS, CYC, and other ways to get involved. ILP youth, caregivers, and family are encouraged to attend!

Two Locations:

- 1) Atascadero Teen Center
5599 Traffic Way, Atascadero
- 2) Career One-Stop
1800 E Grand Ave, Grover Beach



Transportation available upon request. Call 788-2808

ILP Life Skills Class

Tuesday's 5-8pm @ Cuesta College in San Luis Obispo RM 4750

Session 1 (6 weeks): Who Am I?
When: September 14th - October 19th

Session 2 (6 weeks): How do I decide?
When: October 26th - November 20th

This class provides individuals with skills to function effectively in the workplace, school, and community. Transportation and dinner is provided. Earn High School or College Credit for participating.

To sign up contact your ILP caseworker or call 788-2808.



Introduction to Workplace Readiness



Classes meet once a week for 15 weeks beginning the week of September 6th from 4-7pm

Liberty High School: Wednesday
SLO High School: Wednesday
AG High School: Tue and Thursday
Nipomo High School: Tue and Wed
Atascadero High School: Thursday

Classes will cover workplace readiness activities, assist in job placement, and cover how to get free money for college! Earn credits for your participation.

To sign up call 546-3180

YESS

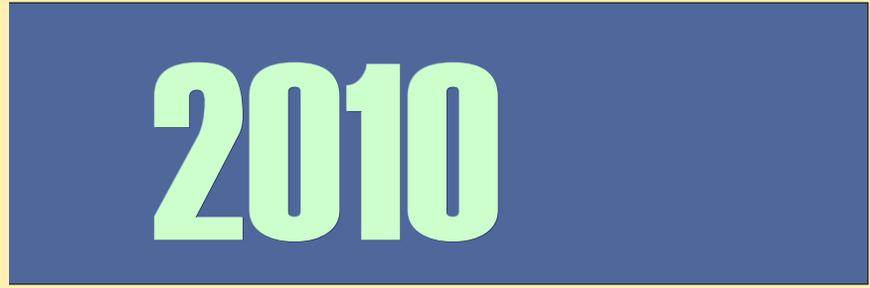
Youth Empowerment Strategies for Success

Wednesday's from 5-7pm
August 25th - December 8th.

YESS is designed to empower youth to successfully transition into independent living. Topics include daily life skills, employment, education, and financial literacy. Sessions are held in a group setting and participation is critical to the success of the program.

Location: Atascadero Colony Park
Community Center, 5599 Traffic Way
Call 781-1793 to sign up

ILP Involvement Opportunities Continued Fall 2010



California Youth Connection (CYC)

Meetings are held every other Thursday from 5-7pm

CYC is a youth-run advocacy group that works to improve the foster care and probation system:

- Advocate on behalf of all foster and probation youth and make a difference in the system!
- Go on trips to fun places and meet new friends.
- It's a great resume builder!

For more information or to join call 781-1815

Speakers Bureau

Meet once a month to learn public speaking skills, educate the community to make improvements in the foster care system.



Join today by calling CYC at 781-1815

Cal Poly Ropes Course



Saturday, October 9th 1-4pm

The ropes course is a hands-on adventure learning program where participants can engage in team building activities and individual challenges that help them long after they leave the ropes course.

RSVP through your case worker or by calling 788-2808

Coastal Clean Up Volunteer Day!

Saturday, September 25th 9-12am

Join ILP in volunteering at ECO SLO's annual Coastal Beach Clean Up where we will convene with community members to clean up our counties beaches on the largest volunteer days of the year.



RSVP through your case worker or by calling 788-2808

| | Thu | Fri | Sat |
|--|--|-----|-----|
| | 2 CYC 5-7pm | 3 | 4 |
| | 9 | 10 | 11 |
| | 16 CYC & Speakers Bureau 5-7pm | 17 | 18 |
| | 23 | 24 | 25 |
| | 30 | 31 | |

December

ILP Involvement Opportunities Continued Fall 2010

| Sun | Mon | Tue | Wed |
|-----|-----|---|----------------------------------|
| | | | 1 YESS 5-7pm |
| 5 | 6 | 7 | 8 YESS 5-7pm |
| 12 | 13 | 14 Social Etiquette 5:30 - 8:30 | 15 |
| 19 | 20 | 21 | 22 |
| 26 | 27 | 28 | 29 |

Make a Difference

Saturday, October 23rd, 9am @ Cal Poly

Join us for one of San Luis Obispo County's largest single-day volunteer events. Participants will be placed at one of 30 different non-profit agencies throughout the County to help with projects ranging from gardening and painting to special events and fundraisers.



RSVP through your case worker or by calling 788-2808

Adoption BBQ

Saturday, November 20th @ SLO United Methodist Church



The third annual National Adoption Month BBQ. Held at the San Luis Obispo United Methodist Church. To RSVP talk to your caseworker. ILP will provide transportation.

ILP Social Etiquette Dinner

Tuesday, December 14th from 5:30 - 8:30pm
Ludwig Community Center
864 Santa Rosa Street
San Luis Obispo, CA 93401

Join ILP in our annual Holiday dinner! Festivities will include a scrumptious meal, activities, music and fun.



To celebrate with us call 788-2808 or RSVP with your ILP caseworker.

September

2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---|--|---|-----|-------------------------------------|
| | | | 1 YESS 5-7pm | 4 CYC 5-7pm | 5 | 6 |
| 5 | 6 | 7 | 8 YESS 5-7pm ILP Orientation 6-8pm | 11 | 12 | 13 |
| 12 | 13 | 14 ILP Life Skills Class 5-8pm | 15 YESS 5-7pm | 18 CYC & Speakers Bureau 5-7pm | 19 | 20 Adoption BBQ |
| 19 | 20 | 21 ILP Life Skills Class 5-8pm | 22 YESS 5-7pm | 25 | 26 | 27 |
| 26 | 27 | 28 ILP Life Skills Class 5-8pm | 29 YESS 5-7pm | | | |

November 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-------------------------|--|-----|---------------------------------------|
| | 1 | 2 ILP Life Skills Class 5-8pm | 3 YESS 5-7pm | 2 CYC 5-7pm | 3 | 4 |
| 7 | 8 | 9 ILP Life Skills Class 5-8pm | 10 YESS 5-7pm | 9 | 10 | 11 |
| 14 | 15 | 16 ILP Life Skills Class 5-8pm | 17 YESS 5-7pm | 16 CYC & Speakers Bureau 5-7pm | 17 | 18 |
| 21 | 22 | 23 ILP Life Skills Class 5-8pm | 24 YESS 5-7pm | 23 | 24 | 25 Coastal Clean Up! 9-12pm |
| 28 | 29 | 30 ILP Life Skills Class 5-8pm | | 30 | | |

October 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|---|--|-----|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 ILP Life Skills Class 5-8pm | 6 YESS 5-7pm | 7 CYC 5-7pm | 8 | 9 Cal Poly Ropes Course 1-4pm |
| 10 | 11 | 12 ILP Life Skills Class 5-8pm | 13 YESS 5-7pm Sibling Event | 14 | 15 | 16 |
| 17 | 18 | 19 ILP Life Skills Class 5-8pm | 20 YESS 5-7pm | 21 CYC & Speakers Bureau 5-7pm | 22 | 23 Make a Difference Day |
| 24 | 25 | 26 ILP Life Skills Class 5-8pm | 27 YESS 5-7pm | 28 | 29 | 30/31 |