



Independent Living Skills



Foster & Kinship Care Education Calendar of Classes 2019-2020



Independent Living – YESS – Teen Circle

Youth Empowerment Strategies for Success

For More Information

Cherie Schroeder, Instructional Specialist // Program Director
WCC ILP & Foster & Kinship Care Education

www.yolofostercare.com

(530) 574-1964



ILP YESS Teen Circle Woodland Community College Calendar of Classes July 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day 	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 ILP Independent Living Skill Program Class West Sac Rec Center Exercise & Wellness Building Physical Strength 2801 Jefferson Blvd. West Sacramento 3:00 to 5:00 pm Waiver Needed	25	26	27
28	29	30	31 ILP Independent Living Skill Program Class West Sac Rec Center Nutrition & Reading Labels Building Physical Strength 2801 Jefferson Blvd. West Sacramento 3:00 to 5:00 pm Waiver Needed	FOR MORE INFORMATION <i>Cherie Schroeder</i> , YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com <i>Ramiz Ali</i> , ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org		

ILP YESS Teen Circle Woodland Community College Calendar of Classes

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">FOR MORE INFORMATION</p> <p style="text-align: center;"><i>Cherie Schroeder</i>, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p style="text-align: center;"><i>Ramiz A Ii</i>, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>			<p>July 31st</p> <p>WS Rec Center Contact Kaisa Miller (916) 617-4840 Kaisam @cityofwestsacramento.org</p>	1	<p>ILP Independent Living Skill Program Cooking 101: Hot Plate Basics Led by, Sandra Jergensen Woodland Community College Bldg. 100 in Lobby Area 5:30 to 7:30 pm</p>	3
4	5	<p>6</p> <p>WS Rec Center CONTACT at Rec Center is Kaisa Miller (916) 617-4640 kaisam@cityofwestsacramento.org</p>	<p>7</p> <p>ILP Independent Living Skill Program Class West Sac Rec Center Rock Climbing Building Physical Strength 2801 Jefferson Blvd. West Sacramento 3:00 to 5:00 pm Waiver Needed</p>	8	<p>9</p> <p>ILP Independent Living Skill Program Cooking 101: 7 Ingredients – 7 Meals Led by, Sandra Jergensen Woodland Community College Bldg. 100 in Lobby Area 5:30 to 7:30 pm</p>	10
11	12	13	14	15	<p>16</p> <p>ILP Independent Living Skill Program Planned Parenthood Presents: Healthy Safe Relationships Led by, Sarah Woodland Community College 5:30 to 7:30 pm</p>	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ILP YESS Teen Circle Woodland Community College Calendar of Classes September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR MORE INFORMATION</p> <p>Cherie Schroeder, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p>Ramiz A Ali, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>						
1	2 LABOR DAY COLLEGE CLOSED	3	4	5	6 LP Independent Living Program Discrimination Prejudice & Equal Personal Rights Presented by, Jae & HHS 5:30 Pizza 6:00 to 7:30 pm At the COLLEGE Room 109 2300 E. Gibson Rd. 	7
8	9	10	11	12	13 ILP Independent Living Skill Program 4 Pillars of Stability Led by, CA Youth Connection Woodland Community College Bldg. 100, Rm 101 5:30 Pizza 6:00 to 7:30 pm	14
15	16	17	18	19 If dates don't work for Exter, PREGNANCY PREVENTION	20 Teen Circle Important Life Soft Skill Communication is both What is Said & What is Heard Led by Exter Hardy 5:30 to 8:00 pm. At the College Rm 101 	21
22	23	24	25	26	27	28
29	30					

ILP YESS Teen Circle Woodland Community College Calendar of Classes

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR MORE INFORMATION Cherie Schroeder, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com Ramiz Ali, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>		1	2	3	<p>4 ILP Workshop Moving Up & Out Rap Venue & Stage Performances Presented by ILP Youth & Led by Dyalek of POCKETS CHANGE Location: Woodland College. Rm 101 Bldg 100 5:30 to 8:00 pm</p>	<p>5 ILP Workshop An Introduction To Financial Literacy Presented by, POCKET CHANGE Andrea, & Dylalek Identity Theft & Credit Safety Symantec Presents Location: The College, Rm 101. 10:00 am to 4:00 pm</p>
6	7 COLUMBUS DAY	8	9	10	<p>11 Teen Circle Teens & Caregivers or Parents Law Enforcement Officer Law Enforcement Careers sbellamy@davispd.org Detective Bellamy (530) 750-2098 (530) 747-5400 5:30 to 8.00 p.m. At the College</p>	12
13	14	15	16	17	18	19
20	21	22	23	24	<p>25 ILP Housing or Employment Strategies Getting Ready Applying, Interviews & Employment Integrity One Stop Center Erica Johnson HHSA Bus Engagement (530) 631-2289 Time & Location TBA</p>	<p>26 ILP Housing or Careers & Jobs Exploring Options  Or Yolo Housing Lisa Baker (530) 662-5438 Time & Location TBA</p>
27	28	29	30	31 HALLOWEEN 		

ILP YESS Teen Circle Woodland Community College Calendar of Classes

November 2019


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOR MORE INFORMATION Cherie Schroeder , YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com Ramiz Ali , ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org					1	2
3	4	5	6	7 Yolo County One Stop Center Lourdes	8 ILP Teens & Caregivers or Parents Employment Basics Cover Letters & Resumes ONE STOP BUILDING LOCATION TBA 4pm to 5:30	9
10	11 VETERAN'S DAY OBSERVED	12	13	14	15 ILP Teens & Caregivers or Parents Workforce Readiness & JOBS ONE STOP BUILDING LOCATION TBA 4pm to 5:30	16
17	18	19	20	21 Invite NMD living in Transitional Housing & Housing Lisa Baker (530) 662-5428 Ext. 2219	22 ILP Workshop Moving Up & Out Renting Your First Apartment POCKETS CHANGE Andrea & Dylalek Location: Woodland College. Rm 101 Bldg 100 5:30 to 8:00 pm	23 ILP Workshop Moving Up & Out Living Independently & all of its Responsibilities POCKETS CHANGE Andrea & Dylalek Location: Woodland College. Rm 101 Bldg 100 10:00 am to 4:00 pm
24	25	26	27	28 THANKSGIVING	29	30

ILP YESS Teen Circle Woodland Community College Calendar of Classes December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 ILP Caregivers & Transitional Age Youth Holiday Thoughts Gratitude & Making & Giving Gifts A Holiday Workshop 5:30 to 8.00 p.m. At the College 2300 E Gibson Rd. Woodland, CA 95776	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 HANUKKAH BEGINS	23	24	25 CHRISTMAS 	26 KWANZAA BEGINS	27	28
29	30 HANUKKAH ENDS	31	FOR MORE INFORMATION <i>Cherie Schroeder</i> , YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com <i>Ramiz Ali</i> , ILP Coordinator HHSA Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org			

ILP YESS Teen Circle Woodland Community College Calendar of Classes

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR MORE INFORMATION</p> <p>Cherie Schroeder, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p>Ramiz Ali, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>			1 NEW YEAR'S DAY 2020	2	3	4
5	6	7	8	9 Housing Is Lisa Baker (530) 662-5428 Staff Richardo & Jamie	10 ILP Housing or Employment Strategies Getting Ready Applying, Interviews & Employment Integrity One Stop Center Erica Johnson HHS Bus Engagement (530) 631-2289 Time & Location TBA	11 ILP Housing or Careers & Jobs Exploring Options  Or Yolo Housing Lisa Baker (530) 662-5438 Time & Location TBA
12	13	14	15	16	17 Teen Circle Making & Keeping Friends What's a Good Friend? Facilitator, Debra Wiegel, MFT Woodland Community College 2300 E Gibson Rd Woodland, CA 95776 Bldg. 100 - Rm. 101 5:30 to 7:30 pm 	18
19	20 MARTIN LUTHER KING DAY	21	22	23	24 Teen Circle Relationships The Good, Bad & Ugly Domestic Violence Facilitator, Debra Wiegel, MFT Woodland Community College 2300 E Gibson Rd Woodland, CA 95776 Bldg. 100 - Rm. 101 5:30 pm to 7:30 pm 	25
26	27	28	29	30	31	

ILP YESS Teen Circle Woodland Community College Calendar of Classes

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOR MORE INFORMATION Cherie Schroeder , YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com Ramiz A Ali , ILP Coordinator HHSA Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org						1
2	3	4	5	6	7 ILP Workshop Connect to College Success: Student Supports & Services: Admissions AT THE COLLEGE Building 700, Rm 727 4 to 6:00 pm	8
9	10 LINCOLN'S BIRTHDAY	11	12	13	14 ILP Workshop Connect to College Success: EOP&S and Financial Aid Laney & Ariana AT THE COLLEGE Building 700, Rm 727 4 to 6:00 pm	15
16	17 PRESIDENT'S DAY Campus Closed	18	19 ILP Workshop Planned Parenthood Contraception & Pregnancy Prevention Yolo County HHSA 500 Jefferson Blvd., West Sacramento A Building River City Room 3:30 to 5:30 pm	20	21 Teen Circle Teens & Caregivers or Parents Dinner at Linde Lane Tea Room Etiquette Workshop 5:00 to 7:30 p.m. Reservations with Ramiz or Cherie Required DRESS UP EVENT Led by, Dr. Kristina Wiley 	22
23	24	25	26 ILP Workshop Planned Parenthood Topic to be Announced Yolo County HHSA 500 Jefferson Blvd., West Sacramento A Building River City Room 3:30 to 5:30 pm	27	28	29

ILP YESS Teen Circle Woodland Community College Calendar of Classes March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	<p>6 ILP Workshop Teens & Caregivers or Parents Why Knowing Yourself is Important Amara Reddick</p>  <p>5:30 to 8:00 pm Woodland Community College 2300 E Gibson Rd Bldg. 100 - Rm. 101</p>	7
8	9	10	11	12	<p>13 ILP Workshop Looking Inward & Outward Amara Reddick Presenting</p>  <p>5:30 to 8:00 pm Woodland Community College 2300 E Gibson Rd Bldg. 100 - Rm. 101</p>	14
15	16	17	18	<p>Housing Is Lisa Baker (530) 662-5428 Staff Richardo & Jamie</p>	<p>10 ILP Housing or Employment Strategies Getting Ready Applying, Interviews & Employment Integrity One Stop Center Erica Johnson HHS Bus Engagement (530) 631-2289 Time & Location TBA</p>	<p>11 ILP Housing or Careers & Jobs Exploring Options</p>  <p>Or Yolo Housing Lisa Baker (530) 662-5438 Time & Location TBA</p>
22	23	24	25	26	27	28
29	30	31	<p>FOR MORE INFORMATION</p> <p>Cherie Schroeder, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p>Ramiz Ali, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>			

ILP YESS Teen Circle Woodland Community College Calendar of Classes

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR MORE INFORMATION</p> <p><i>Cherie Schroeder</i>, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p><i>Ramiz Ali</i>, ILP Coordinator HHSA Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>			1	2	3	4
5	6	7	8	9	<p>10 Teen Circle Thinking about Overall Wellness – Wellness Wheel, Identifying Strengths & Areas that Need Attention Dr. Michelle Dang, RN Woodland Community College 2300 E Gibson Rd Woodland, CA 95776 Bldg. 100 – Rm. 101 5:30 pm to 7:30 pm</p> 	11
12 EASTER	13	14	15	16	<p>17 Teen Circle Wellness: Let's Stay Healthy – Your Available Resources & Supports Presented by Dr. Michelle Dang, RN Woodland Community College 2300 E Gibson Rd Woodland, CA 95776 Bldg. 100 – Rm. 101 5:30 pm to 7:30 pm</p> 	18
19	20	21	22	23	<p>24 ILP Workshop CSEC: Traps of the Traffickers Commercial Sexual Exploitation of Children Deena Graves Woodland Community College 2300 E Gibson Rd Woodland, CA 95776 Bldg. 100 – Rm. 101 4:00 to 6:00 pm</p>	25
26	27	28	29	30		

ILP YESS Teen Circle Woodland Community College Calendar of Classes May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR MORE INFORMATION</p> <p>Cherie Schroeder, YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com</p> <p>Ramiz Ali, ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org</p>					1	2
3	4	5	6	7	8	9
				<p>ALMS Office: Jayne Williams or Dawn McBride (530) 615-0365</p>	<p>Teen Circle ALMS Workforce Readiness What Does that Mean? 5:30 to 8:00 pm Teens & Caregivers or Parents Woodland Community College 2300 E Gibson Rd Woodland, CA 95776</p> 	
10	11	12	13	14	15	16
MOTHER'S DAY					<p>ILP Workshop Moving Up & Out Rap Venue & Stage Presented by Dyalek of POCKETS CHANGE An Introduction To Financial Literacy Andrea, Pam & Dylalek Location: Woodland College. Rm 101 Bldg 100 5:30 to 8:00 pm</p>	<p>ILP Workshop Financial Literacy Budgeting, Banking & Credit & Credit Scores Presented by, POCKET CHANGE Andrea, Pam & Dylalek Location: DESS The College, Rm 101. 10:00 am to 4:00 pm</p>
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						
31						

ILP YESS Teen Circle Woodland Community College Calendar of Classes June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 ILP Workshop Teens & Caregivers or Parents Core Beliefs: Life's Impact Amara Reddick Presenting  5:30 to 8:00 pm Woodland Community College 2300 E Gibson Rd Bldg. 100 – Rm. 101	6
7	8	9	10	11	12 ILP Workshop Teens & Caregivers or Parents Grief, Loss & Taking Control Amara Reddick Presenting  5:30 to 8:00 pm Woodland Community College 2300 E Gibson Rd Bldg. 100 – Rm. 101	13
14 FATHER'S DAY	15	16	17	18	19 ILP Graduation 5:30 to 8:30 pm  WOODLAND COMMUNITY COLLEGE Room 800 In the Community Room	20
21	22	23	24	25	26	27
28	29	30	FOR MORE INFORMATION <i>Cherie Schroeder</i> , YESS ILP Director Woodland Community College (530) 574-1964 cherie@yolofostercare.com <i>Ramiz Ali</i> , ILP Coordinator HHS Child Welfare (530) 681-9219 Ramiz.Ali@yolocounty.org			

“If there is ever a tomorrow that we are not together, there is one thing you should always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is: even if we’re apart, I will always be with you in the heart.”

-Winnie the Pooh

