



**SHASTA COUNTY  
INDEPENDENT  
LIVING PROGRAM**

**PROGRAM BULLETIN  
December 2009**

**YESS GRANT:** Shasta County ILP has coordinated with Shasta College on the YESS Grant. This grant will offer mentoring to foster youth who are freshman at the college. The mentors will be former foster youth who are established at the college and are doing well. The mentors will work with the freshman and help them learn the campus, find and connect with services and give the youth a peer to talk to about college issues.

The grant will also offer 2 classes specifically geared toward foster youth. The first will be Life Management and the second will be Personal Finance. The college is working to block these classes together, on two days, back to back with another class, College Success. This would enable foster youth to take 6 or 7 units in one block of time.

Foster Youth who are seniors in high school will also be able to take the classes as concurrent enrollment. At least one of the classes will be offered after the regular high school day is completed. High school students earn more than the basic 3 units for successfully completing the class.

To learn more about the classes contact Sheri Wiggins or Barbara Stufflebeam at Shasta College or Lisa Hanaway at Shasta County ILP.

**Experiential Group:** There will not be an experiential group in December due to the Etiquette Dinner. The dinner is held each year and is by invitation only. ILP caseworkers choose the clients who have worked with their ILP Caseworker on a consistent basis on their goals.

If you received an invitation please make sure that you RSVP to Scottie before the deadline.

**Surviving the Holidays:** For many foster youth the holidays can be tough. Here are a few suggestions from the National Foster Club:

- 1) Stay connected to Friends
- 2) Advocate for visits
- 3) Write in your journal
- 4) Lend a hand – volunteering to help others can help you
- 5) Visit others who may be alone

For aftercare youth:

- 1) Many communities have dinners that are low cost or free. Take a bunch of your friends and attend one.
- 2) Volunteer at local shelter to serve dinner on one of the holidays. You will be doing a good thing for others.
- 3) ILP supplies groceries for aftercare youth who live by themselves in their own apartments. Invite some friends over and learn how to cook all that food together.

**HAPPY HOLIDAYS FROM SHASTA COUNTY ILP – JEN, JOE, VALERIE AND  
LISA**

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