



YOUTH RISING

#fosterstability 2.0



CALIFORNIA **YOUTH** CONNECTION

DAY at the CAPITOL

FEBRUARY 9-11, 2019

NAME

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OUR MISSION

The mission of California Youth Connection (CYC), a youth-led organization, is to develop leaders who empower each other and their communities to transform the foster care system through legislative, policy, and practice change.

OUR VISION

Our vision is that all foster youth will be equal partners in contributing to all policies and decisions made in their lives. All youth in foster care will have their needs met and the support to grow into healthy and vibrant adults.

WELCOME

Welcome to Day at the Capitol 2019, a weekend packed with peer-to-peer learning and transformation. Through your participation and leadership you will educate policymakers on the needs of young people experiencing foster care.

- ♥ You are the community who represents the voice of tens of thousands of young people.
- ♥ You are the constant reminder that YOUTH ENGAGEMENT, LOVE, and COMMUNITY are the center of what young people need to thrive.
- ♥ Together, we take experiences and transform them into action.

The focus of this conference is the Foster Stability 2.0 campaign, a groundbreaking opportunity to not only educate local and state policymakers but also influence how they will implement new and existing policies to positively impact the lives of children and youth.

We have invested decades in organizing and building power. NOW is the time to take that power and cultivate love, stability, and nurturing in the lives of young people experiencing foster care.

“What makes DAC a powerful event is the multiple chapters that come together. We are able to see that we are not alone in this fight. We not only come together, but we learn as one, practice as one, and all journey to accomplish the same goal. DAC reinforces that we can accomplish anything if we work together because it takes a village to move a mountain. CYC is that village, our legislation is that mountain, and DAC is where we get all of our supplies and equipment to actually move this mountain.”

—CHRISTINA PARKER, CYC POLICY COORDINATOR, FORMER CYC MEMBER, SAN BERNARDINO CHAPTER



CYC STAFF

WHAT IS DAC?

CYC's three-day Day at the Capitol (DAC) advocacy and leadership conference is held annually in Sacramento. Members and supporters participate in tracks led by CYC member facilitators:

On Saturday and Sunday, the **CHANGEMAKERS TRACK** will attend workshops to learn about the legislative process, understand the policy topic of #FosterStability 2.0, and prepare to communicate our 2019 policy agenda.

Members attending the **RALLY TRACK** participate in workshops to plan key elements of the rally, including public speaking, how to effectively emcee a major event, and developing rally chants.

SUPPORTER TRACK workshops will focus on building the supporter community, understanding policy strategy, youth-centered methodology, and effective local organizing.

On Monday, all DAC attendees will gather at the California State Capitol to participate in mock legislative hearings, the rally, and scheduled meetings with all 120 legislators to advocate for our 2019 policy topic #FosterStability 2.0.



KEYNOTE SPEAKER

For the past 25 years **KEITH HOSEA** has thrilled audiences as a motivational speaker. His rare talent as a public speaker, his passion for lifelong learning and his unique blend of wit and wisdom have made him an audience favorite at conferences, seminars, and workshops all around the country.

Keith specializes in working with at risk populations. He focuses on leadership development and personal empowerment of disadvantaged individuals. For 20 years Keith has focused on helping system involved youth to bounce back from life's challenges through teaching, mentoring and his work as a fierce youth advocate.

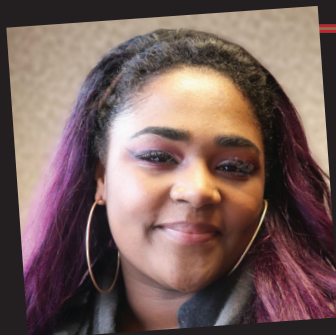
A successful entrepreneur, Keith is the founder and CEO of a company called Telios Training Solutions. Through Telios Keith has been conducting professional training and consulting services for the last 15 years. Recently, Keith co-authored and published his first book entitled, "Making Connections Work."

Keith earned his Bachelor's degree in Business Management and Administration from the University of Redlands. Keith also earned two masters degrees from Azusa Pacific University. Keith is currently pursuing a doctoral degree at Fielding Graduate University in the field of Human and Organizational Development.

Keith and his wife Melinda live in Redlands, California. They have two children, Brynne and Wesley.

DAC FACILITATOR TEAM

CHANGEMAKERS TRACK



Coming from Sacramento Chapter,

NAOMI WATSON

has been in CYC for about a year and a half. She aspires to go to school online for coding. One

fun fact about her is she can play musical instruments: clarinet, saxophone, and a bit of piano. She has achieved graduating high school and will be delivering a graduation speech.



An active member of Kings Chapter,

HEAVEN SOSA

has been a part of CYC for a year. In her time as a member, she has developed professional skills and is eager to facilitate her first year at the conference. She is finishing up her last year of high school and looks forward to the future ahead of her. She is passionate towards seeing change within the foster care system and takes it to heart when she is involved in making change happen. She enjoys her personal time listening to music and spending time with her niece.



The chair of the Monterey Bay Chapter,

AMADAHY CHILDERS

has been a member of CYC for two and a half years, and a facilitator for one year. She works

for Monterey County Office of Education as a computer programming coach. Something Amadahy loves doing is playing the piano. She has been playing since she was 6 and practices for about five to seven hours a day. She was a part of BAYLA Cohort 6.



MAYCHELL ANAYA

is from Tehama Chapter and has been a member of CYC for eight years. She's a full-time student and caretaker. Maychell likes hanging with her children, singing too loudly to music, and binge-watching shows on Hulu. This is her second year facilitating conferences. Maychell has four children and is working towards getting licensed to foster!

HANNAH TAYLOR

is 19 years old and chair of the Ventura Chapter. She lives in Oxnard, California. She attended her first chapter meeting six years ago but has been an active member for five years. With her many years of conference facilitating, she provides new members support. She spends her free time attending car meets alongside her car club of female car enthusiasts.





CHRISTOPHER HERNANDEZ is a senior in high school! The president of Shasta Chapter, Chris has been a member for over one year. He has applied to colleges throughout the state and hopes to attend Sac State in the fall. Chris also served on the policy and leg team in 2018. Bougie, he is always in need of Starbucks.



GENESIS OSUNA is the chair for the Orange County Chapter and is part of the policy committee. She is on her second year in CYC and is a first generation student at Cal State Fullerton studying Communications with an emphasis in Broadcasting and a minor in Human Services. Genesis is dedicated and motivated to changing the foster care system with the resilient warriors that are part of CYC for the future generation.



QUIJAI JOHNSON is a first generation student studying Molecular and Cell Biology with an emphasis in a minor in Race & Genetics and Law at UC Berkeley. They currently work in one of the Microbiology labs and the Fannie Lou Hamer Black Resource Center advocating for LGBTQ students of color. Among the many hats Quijai wears, they are planning to take more time to develop their brand, customizing shoes, and designing clothes. Fun fact: their birthday is February 18. Happy early birthday!



A member of the Alameda Chapter, **JASMINE HARRIS** is a CYC OG, formerly with the Yolo and Sacramento Chapters. Passionate about the empowerment of foster youth and minorities, Jasmine wants to dismantle outdated and oppressive systems. She served on CYC's Policy Committee and continues to advocate for foster youth. Jasmine is looking forward to Fostering Stability 2.0 and seeing how SLPC18's intersectionality conversation can be incorporated in Monday's legislative visits. Currently in school in Berkeley, Jasmine considers herself a student of the world, and hopes you'll stop by her workshop to share your knowledge, experience, and maybe even teach her something new!



KIMBERLY CORONEL has been a part of the San Bernardino Chapter for a year and a half, and is also a part of the No Stigma, No Barriers Mental Health Board. This will be her first time facilitating at DAC. Outside of CYC, Kimberly loves to draw and her job as a tutor. Kimberly is also a second-year student at CSUSB studying towards her goal of working within the legislative side of the child welfare system.

RALLY TRACK



TONY VIZCARRONDO

is a husband, father, and strong youth advocate from the Fresno Chapter. A member of CYC for eight years, Tony has been a facilitator for the last four

years, and is a member of the policy/leg committee as a statewide representative for the Central Valley. He works as a security guard in the Central Valley. In his free time he loves to ride his motorcycle, and has been a rider for five years! He is looking forward to teaching new members about the different roles within CYC.



BLANCA ENRIQUEZ

ACUÑA is the chair of the Yolo Chapter and has been a part of CYC for three years.

Blanca will graduate in June with a B.A. in Sociology and English from UC Davis. She brings her passion for empowering people to find their voice and speak truth to everything she does, from facilitating for CYC for two years to advocating for current and former foster youth students in higher education through her work with the Guardian Scholars Program. Blanca loves spending time on her poetry and art, enjoys nature documentaries and rom-coms, and would rather be at the beach than anywhere else.



DYLAN MURPHY

has been a member of CYC for just over a year and a half. He's currently majoring in Theatre Arts and Communications at

California State University

Fresno. He likes to spend his free time, when he has some, making people's days better. He hopes through CYC events he can not only make days better, but make others' lives better.

SUPPORTER TRACK



KATARINA KABICK

joined CYC through Bay Area Youth Leadership Academy (BAYLA) in 2017. She is a member of the Alameda Chapter. In

2016, she graduated from Mills College with a double major in History and Urban Education. She is currently a student at UC Berkeley pursuing her MSW. Katarina enjoys playing hockey and teaching babies how to ice skate.

DAC DAY 1

| | | |
|---|--|--------------------------------------|
| SATURDAY: 10am–9pm SUNDAY: 8am–9pm | CLOTHING CLOSET We have a whole room filled with donated, gently used and new professional clothes. There are people there to help you pick out something for Monday's legislative visits. Each person will get one outfit for the legislative visits. Any leftover clothes will be available for people to select more outfits/items. | TOWER BOARD ROOM (16TH FLOOR) |
|---|--|--------------------------------------|

| | | | | | | | | | | | |
|--------------|---|--|--------------|--|--|-------|---|------------------------------|-----------|---|------------------------------|
| 10:00–1:00pm | Registration, Opening Activities, Lunch <i>Register in the Grenada Room and then join us for lunch and opening activities in the California Ballroom! Activities include: Chapter Family Feud • Art Zone • Photo Booth • Clothing Demonstration • Wellness Station</i> | GRENADA ROOM & CALIFORNIA BALLROOM | | | | | | | | | |
| 1:00–3:00pm | The Best Opening Session Ever | CALIFORNIA BALLROOM | | | | | | | | | |
| 3:00–3:25pm | Break (Opportunity to take luggage to rooms but hurry back for the 1st workshop!) | | | | | | | | | | |
| 3:30–5:00pm | WORKSHOP #1 <table> <tr> <td>CHANGEMAKERS</td><td> STRATEGIC SHARING WITH LEGISLATORS & POLICYMAKERS Welcome to the CYC family. In this workshop, you'll get a crash course on who we are and the work we do as an organization. We'll gain a clear understanding of our purpose here this weekend, as well as within the foster care movement. </td><td>SEE NAME BADGE FOR ROOM (GROUND FLOOR)</td></tr> <tr> <td>RALLY</td><td> THE HISTORY AND POWER OF CHANTS "POWER TO THE PEOPLE!" Welcome, powerful advocates. In this workshop you will take a virtual tour through the history of influential chants that carried a massive message in only a few words. Members will have the opportunity to rally ideas for chants, take on roles, and be part of the creative process that goes into rallying our community together. </td><td>RIVER VIEW ROOM (16TH FLOOR)</td></tr> <tr> <td>SUPPORTER</td><td> BLUEPRINT FOR CHANGE Join us for a magical afternoon of storytelling for system transformation. In this workshop, we will be learning about the key elements of strategic sharing and will develop plans to work with members to tell their stories, claim their power, and create real change. </td><td>SIERRA BALLROOM (16TH FLOOR)</td></tr> </table> | | CHANGEMAKERS | STRATEGIC SHARING WITH LEGISLATORS & POLICYMAKERS Welcome to the CYC family. In this workshop, you'll get a crash course on who we are and the work we do as an organization. We'll gain a clear understanding of our purpose here this weekend, as well as within the foster care movement. | SEE NAME BADGE FOR ROOM (GROUND FLOOR) | RALLY | THE HISTORY AND POWER OF CHANTS "POWER TO THE PEOPLE!" Welcome, powerful advocates. In this workshop you will take a virtual tour through the history of influential chants that carried a massive message in only a few words. Members will have the opportunity to rally ideas for chants, take on roles, and be part of the creative process that goes into rallying our community together. | RIVER VIEW ROOM (16TH FLOOR) | SUPPORTER | BLUEPRINT FOR CHANGE Join us for a magical afternoon of storytelling for system transformation. In this workshop, we will be learning about the key elements of strategic sharing and will develop plans to work with members to tell their stories, claim their power, and create real change. | SIERRA BALLROOM (16TH FLOOR) |
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SATURDAY, FEBRUARY 9

| | | | |
|-------------|--|--|--|
| 5:15–6:30pm | WORKSHOP #2 | | |
| | CHANGEMAKERS | STABILITY ON DAT BEAT: A GUIDE TO LEGISLATIVE ADVOCACY In this workshop, we will explore foster stability and how it relates to this year’s legislative topic. The workshop will review this year’s exciting legislative initiative, the campaign, the legislative process, and most importantly how our work mirrors the CYC mission statement. | SEE NAME BADGE FOR ROOM (GROUND FLOOR) |
| | RALLY | #POWEROFSOCIALMEDIA In this workshop, you will be finding your rhythm, exploring the power of hashtags and campaigns. We hope you brought your phone because this workshop is going to be #LIT. | RIVER VIEW ROOM (16TH FLOOR) |
| | SUPPORTER | PUT THE MOVEMENT IN MOVEMENT Do you experience Local Issue Groundhog Day in your chapter? In this workshop we will delve into activities you can use with your chapter to move from talk to action in your county. Get gamed up on the #FosterStability campaign and how to connect your chapter’s work to the cause. | SIERRA BALLROOM (16TH FLOOR) |
| 6:35–7:35pm | Dinner | | CALIFORNIA BALLROOM |
| 7:45pm | Evening Activities | | 16TH FLOOR |
| 8:30pm | Gatsby Dance & Evening Activities <i>Join us for one of CYC’s hallmark conference activities, the dance! This year with a Gatsby flair, we will celebrate and dance, laugh and enjoy community. Next door will include other activities including an art zone with poster making and other fun activities.</i> | | SIERRA BALLROOM |
| 10:00pm | Chapter Check In and Lights Out | | |

DAC DAY 2

| | | | | | | | | | | | |
|---------------------|--|--|---|--|--------------|--|------------------------------|------------------|--|------------------------------|--|
| 7:00–8:00am | Wake up & Wellness Hour <i>Yoga with Erica</i> | SIERRA BALLROOM | | | | | | | | | |
| 8:00–9:00am | Breakfast | CALIFORNIA BALLROOM | | | | | | | | | |
| 9:00–9:30am | #FosterStability 2.0 Policy Presentation & Bill's Lifecycle Instructions | CALIFORNIA BALLROOM | | | | | | | | | |
| 9:30–10:00am | Travel to the Capitol <i>BRING YOUR T-SHIRTS!</i> | | | | | | | | | | |
| 10:00–12:00 pm | BILL'S LIFECYCLE: THE LEGISLATIVE PROCESS 101 Bill's Lifecycle is a guide to different ways to advocate legislatively. It gives you a glimpse into the process, practice and change. Bills are born from ideas but laws are made by those who advocate, educate, and do the footwork. What footprint will you leave behind? | CA STATE CAPITOL ROOM 4202 | | | | | | | | | |
| 12:00pm | Group Photo on Capitol Steps & Travel back to the Holiday Inn | CAPITOL STEPS | | | | | | | | | |
| 12:30–1:30pm | Lunch & Break | CALIFORNIA ROOM | | | | | | | | | |
| 1:45–3:15pm | WORKSHOP #3 <table> <tr> <td>CHANGEMAKERS</td><td>STRATEGIC SHARING WITH LEGISLATORS & POLICYMAKERS In this workshop, you will learn about the principles of strategic sharing, begin developing your story that connects to the legislative topic, and learn more about ways to better prepare yourself to advocate during Monday's legislative visit.</td><td>SEE NAME BADGE FOR ROOM (GROUND FLOOR)</td></tr> <tr> <td>RALLY</td><td>MASTERING THE ART OF PUBLIC SPEAKING Say it, don't spray it! In this workshop, you will be enhancing your public speaking skills that will contribute to the power of your advocacy and help you to rally forward.</td><td>RIVER VIEW ROOM (16TH FLOOR)</td></tr> <tr> <td>SUPPORTER</td><td>GET THAT MONEY We'll be thinking through fundraising strategies you can use with your chapter in this workshop, followed by organizational updates from CYC's executive director, Haydée Cuza.</td><td>SIERRA BALLROOM (16TH FLOOR)</td></tr> </table> | CHANGEMAKERS | STRATEGIC SHARING WITH LEGISLATORS & POLICYMAKERS In this workshop, you will learn about the principles of strategic sharing, begin developing your story that connects to the legislative topic, and learn more about ways to better prepare yourself to advocate during Monday's legislative visit. | SEE NAME BADGE FOR ROOM (GROUND FLOOR) | RALLY | MASTERING THE ART OF PUBLIC SPEAKING Say it, don't spray it! In this workshop, you will be enhancing your public speaking skills that will contribute to the power of your advocacy and help you to rally forward. | RIVER VIEW ROOM (16TH FLOOR) | SUPPORTER | GET THAT MONEY We'll be thinking through fundraising strategies you can use with your chapter in this workshop, followed by organizational updates from CYC's executive director, Haydée Cuza. | SIERRA BALLROOM (16TH FLOOR) | |
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| SUPPORTER | GET THAT MONEY We'll be thinking through fundraising strategies you can use with your chapter in this workshop, followed by organizational updates from CYC's executive director, Haydée Cuza. | SIERRA BALLROOM (16TH FLOOR) | | | | | | | | | |

SUNDAY, FEBRUARY 10

| | | |
|--------------------|--|-------------------------------|
| SUNDAY: 8am–9pm | REMINDER: LAST DAY TO VISIT THE CLOTHING CLOSET | TOWER BOARD ROOM (16TH FLOOR) |
| 3:15–3:35pm | Chapter Breaks & Mock Visits Break | BREAKOUT ROOMS |
| 4:00–6:00 pm | MOCK LEGISLATIVE VISITS Have you processed it? After two days of information-packed workshops, you might still be a little apprehensive about legislative visits. <i>Did I retain this information? What should I expect? But what if they ask me a question I don't know?</i> Mock legislative visits allow you to practice that process. You can be asked a question you might not yet be prepared for in a safe learning environment where you can create a response, strengthen your advocacy and connect everything you learned over these past two days so you're ready for the real deal on Monday. But first members and supporters will travel over to the capitol and begin to prepare while they wait for instructions. This is where the interactions begin and practice takes place #WEREADY. | BREAKOUT ROOMS |
| 6:30–7:30pm | Dinner | CALIFORNIA BALLROOM |
| 8:00pm | Evening Activities & Wind Down | CALIFORNIA BALLROOM |
| 10:00pm | Chapter Check Ins & Packing | |



#FOSTERSTABILITY: THE CAMPAIGN

In 2018, CYC proudly celebrated our 30th year of existence. 30 years of empowerment, 30 years of advocacy, 30 years of community, and 30 years of system transformation. It only seemed fitting that the legislative priority in our 30th year should be so much more than just a bill. So we developed the #FosterStability Campaign.

As CYC raised the flag on abrupt placement changes, the full campaign helped our allies, community, and decision makers understand more deeply the reality of our experiences and our stories—that even a single change disrupted our homes, relationships, our wellness, and our futures.

Our bill, AB2247 (Gipson), passed through the legislature and was signed into law. It was monumental. For the first time, California now has protections and processes in state law to shield children and youth from abrupt placement changes. The law guards against changes in the middle of the night. It requires an intentional process to create preservation strategies to maintain relationships. AB2247 also created a parallel process to have a child or youth's account of the placement change documented and added to their case notes through the California Foster Care Ombudsperson's Office. This win was groundbreaking. But it was just a piece of the campaign.

FOR 2019, MEMBERS DEVELOPED #FOSTERSTABILITY 2.0 TO EXPAND THE CAMPAIGN—THIS WORK IS FAR FROM OVER AND THE VISION CONTINUES TO EXPAND.



A PLACE TO CALL HOME

DAC18:
2/13/18

Assemblymember Mike Gibson introduces AB2247 on the Assembly floor.

3/20/18

AB2247 was heard at the Assembly Human Services Committee Hearing.

5/25/18

AB2247 was heard at the Assembly Appropriations Committee Hearing.

5/31/18

AB2247 was read on the Assembly floor. Members from every district voted.

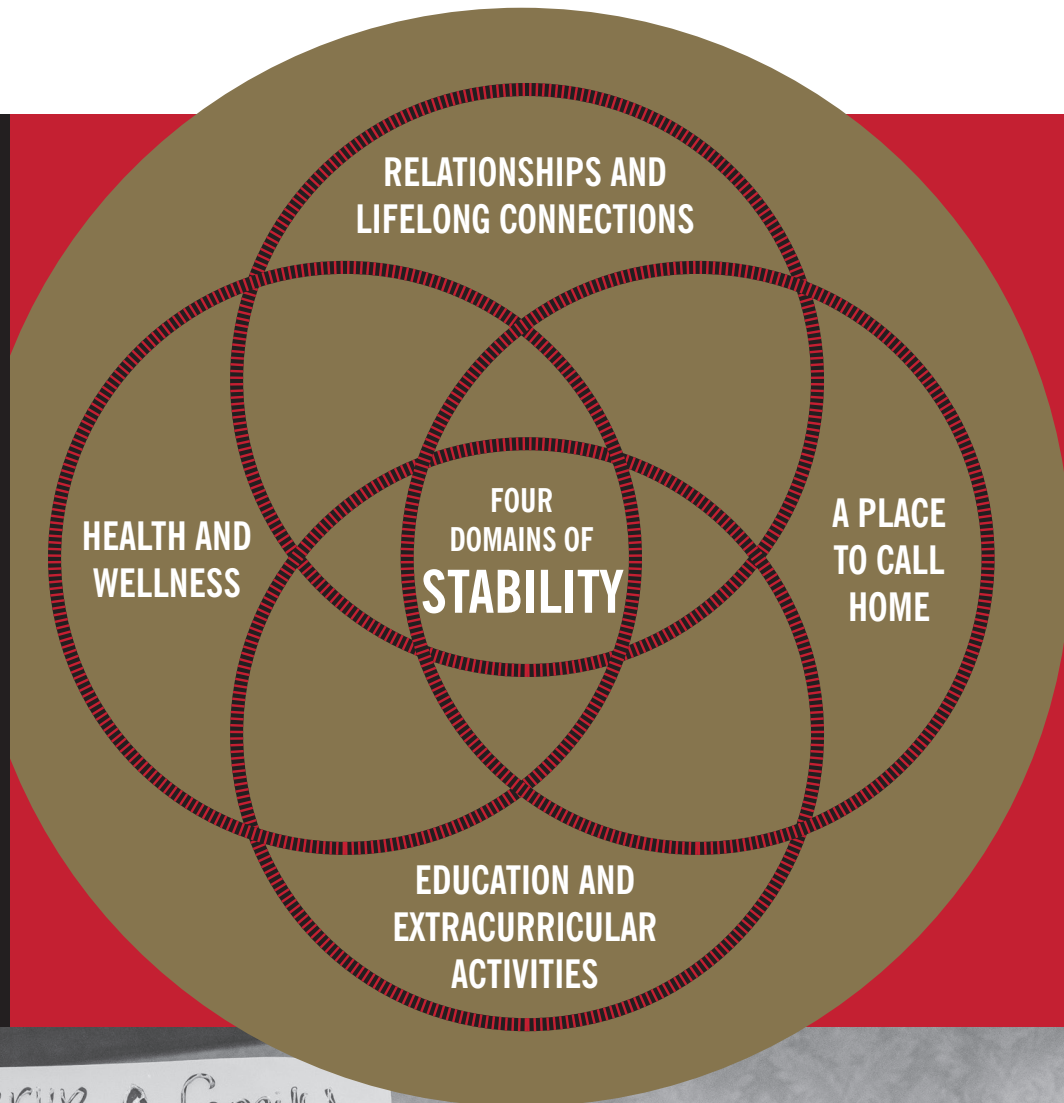
6/20/18

AB2247 was signed into law by the Governor.

THE CAMPAIGN

A youth-led effort to create a youth-centered process for stability in all aspects of our lives, including: a place to call home, education and extracurricular activities, health and wellness, and relationships and lifelong connections.

We will create a system that honors and nourishes the mind, body, and soul of every child and youth impacted by California's foster care system.



WE Deserve A Family
NOT A HOST!
WE Deserve A HOME
NOT A House!
DO YOU CARE, Foster
care!
Sacramento charter

6/18

is heard at
enate
Services
e Hearing.

8/16/18

AB2247 was heard
at the Senate
Appropriations
Committee Hearing.

8/23/18

AB2247 was read on the
Senate floor.
Members from every
district voted.

9/22/18

AB2247 was signed
into law by
Governor Jerry Brown.

TIME TO
WORK ON
IMPLEMENTATION!

DAC DAY 3

| | | |
|--------------|---|-----------------------------|
| 7:00am | Wake up & Wellness <i>Yoga with Erica</i> | SIERRA BALLROOM |
| 7:30–8:30am | Breakfast <i>Fuel up for the march and a full day of educating policy makers!</i> | CALIFORNIA BALLROOM |
| 8:30–9:00am | Depart to the State Capitol | |
| 9:00–9:30am | Monday Opening Session | CA STATE CAPITOL, ROOM 4202 |
| 9:30–11:45am | #FosterStability Legislative Office Visits | |
| 12:00–1:00pm | CYC #FosterStability Rally & Lunch <i>Special Speakers and Taco Truck</i> | WEST CAPITOL STEPS |
| 1:30–5:15pm | #FosterStability Legislative Office Visits | |
| 5:15–5:30pm | Closing and Thank Yous | CA STATE CAPITOL, ROOM 4202 |
| 5:30pm | Depart the Capitol | |

“CYC changes lives because it allows us to break barriers. It allows us to challenge ourselves in ways we’ve never done. We meet with people we didn’t think would listen to us. We’re here meeting with legislators, and they’re showing us their support. That lets us know there’s somebody that cares. CYC gives us courage and motivation and drive. It gives us something to focus on that we all by the thousands wanted to focus on in the first place.”

—RAYSHAUN WILBURN, CYC MEMBER, RIVERSIDE COUNTY CHAPTER

MONDAY, FEBRUARY 11

WHAT TO EXPECT ON MONDAY

On Monday we will rally together and march to the capitol.

When you arrive at the capitol please go to CYC headquarters located in room 4202.

At our headquarters you can huddle with your chapters to do last minute prep work before heading to your legislative visits. Then chapter groups will embark on advocating and educating the California Legislature until the rally at noon, where everyone will meet at the Capitol West Steps. Your day will end with thank you letters, connecting with members, and relaxing before you board your flights, trains or cars to return home.



THE PATH FORWARD: #FOSTERSTABILITY 2.0

#FosterStability 2.0 is a continuation of our bold campaign with three big asks!

1 CONNECT WITH US LOCALLY!

If you are a community member or ally and want to get involved please connect with your local chapter. Our chapters are the hub for local work and system transformation. We want to meet with our legislators and their staff in their home offices. We want to meet with social services teams responsible for policy implementation. We want to talk with child welfare professionals and service providers about how they can support #FosterStability in all aspects of a child and youth's life: Education, Wellness and Health, Relationships and Lifelong Connections, and a Place to Call Home in EVERY region/county of California.

2 IMPLEMENTATION!

CYC's mission statement reads: "... we empower each other and (our) communities to transform the child welfare system through policy, practice and legislative change." Implementation is our pathway to really influencing the practice on the local level. Last year, AB2247(Gipson) was a huge win! However, without strong implementation, awareness and accountability, the impact will not be seen in a way that our brothers and sisters in care can feel directly.

3 LEGISLATION!

Two bills that support the #FosterStability Campaign this year include:

#FOSTEREDUCATIONALSTABILITY

This bill will work on improving school of origin access for foster youth in California.

#FOSTERSTABILITY4ALL

This bill will include our juvenile justice brothers and sisters in the #FosterStability campaign and mandates from 2018's legislation, AB2247.

"California Youth Connection is a shining star of what makes this state great, and we want to follow your lead in what we need to do to support young people... Keep up the great work. Here's to the next 30 years of CYC!"

**——ASSEMBLYMEMBER TONY THURMOND,
FROM THE PODIUM AT DAC 2018 (THURMOND
IS NOW CALIFORNIA STATE SUPERINTENDENT
OF PUBLIC INSTRUCTION)**



WELLNESS CORNER

AT THE DAC CONFERENCE IF YOU NEED A FRIEND

If you find yourself struggling to stay focused on the workshop because of conflict, frustration, or another issue, feel free to text the support zone for an affirming message, a virtual hug, or a line of support. If you need to let off some steam, process a feeling, or just take a break... come have a cup of tea and hug the bear in the Wellness Corner.

Call or text **541-604-8631**

to schedule a time to drop by the Wellness Corner.

16th floor, suite 1628

REMIND APP

CYC recommends everyone who is able to download the Remind app do so for the best experience which enables you to view image and photo updates!

Get information for **19DAC** right on your phone—not on handouts.

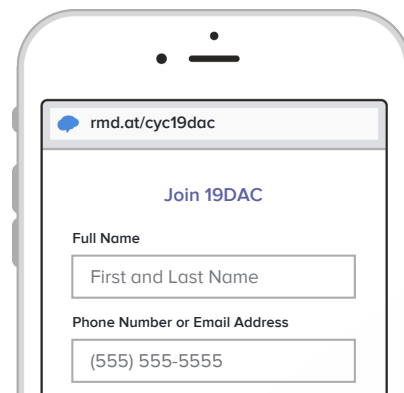
Pick a way to receive messages for **19DAC**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/cyc19dac

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@cyc19dac](https://www.instagram.com/cyc19dac) to the number **81010**.

If you're having trouble with **81010**, try texting [@cyc19dac](https://www.instagram.com/cyc19dac) to **(530) 903-4820**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/cyc19dac on a desktop computer to sign up for email notifications.



LIFELONG CONNECTIONS





#FOSTERSTABILITY 2.0 ACTIONS YOU'LL TAKE WITH YOUR PEERS:

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☐

☐







WHAT YOU WON'T FORGET ABOUT DAC19:

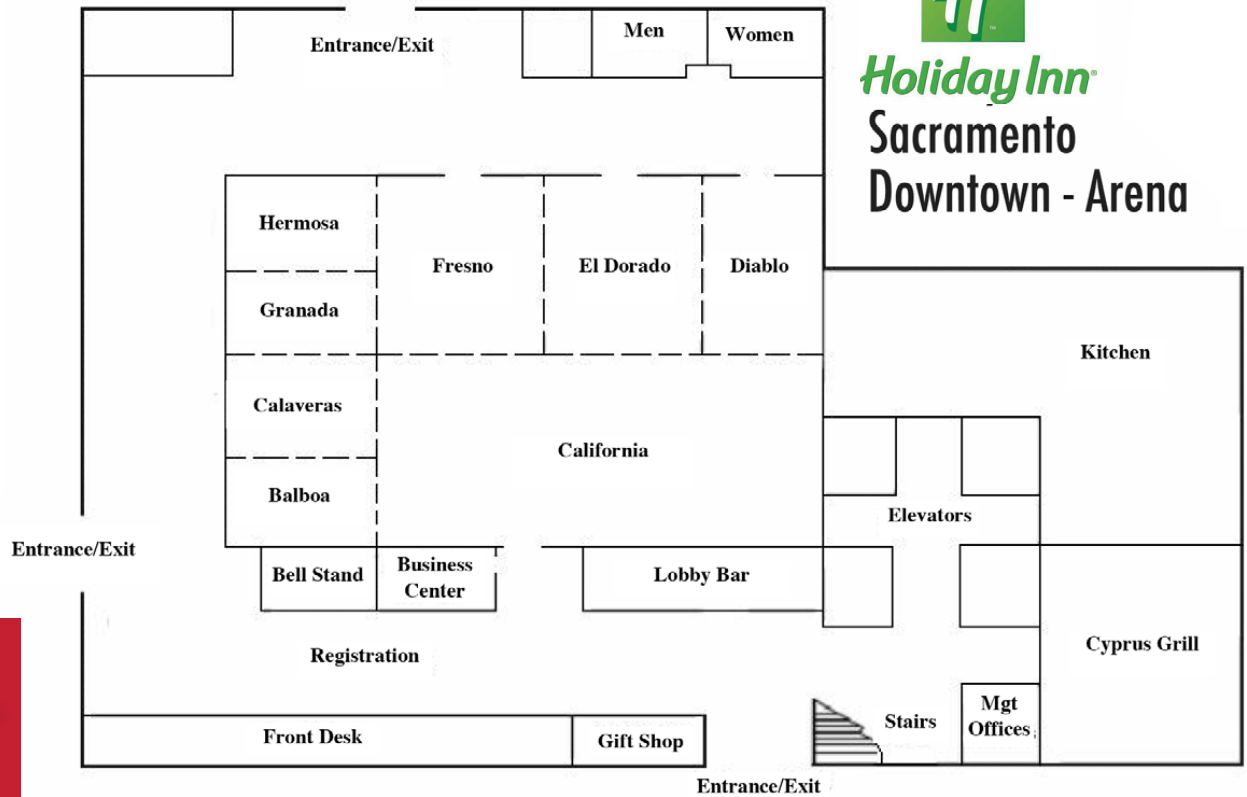




HOTEL MAP

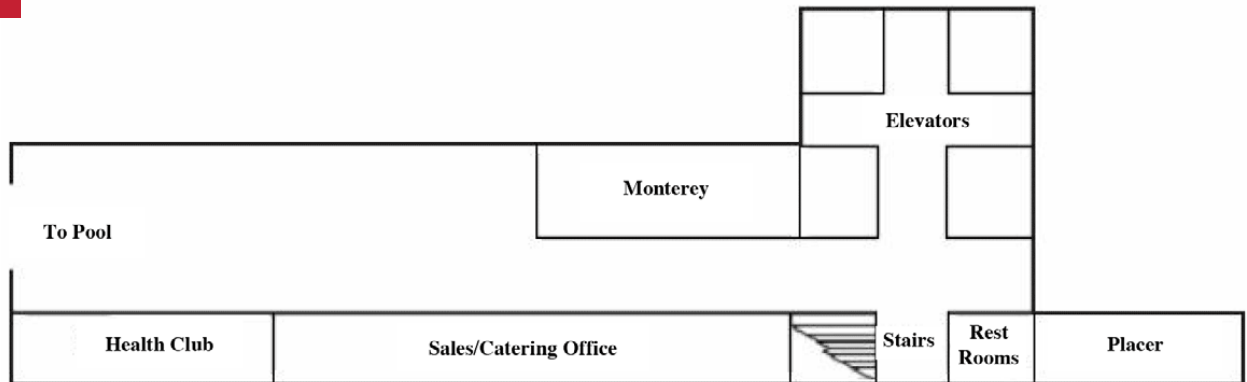


Holiday Inn®
Sacramento
Downtown - Arena

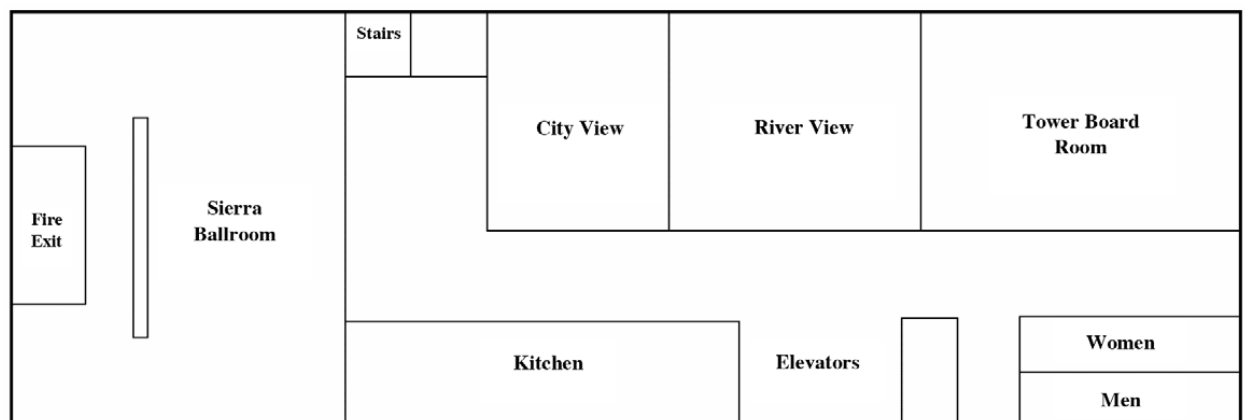


Entrance/Exit

LOBBY FLOOR



SECOND FLOOR



16TH FLOOR

WIFI

**FRIDAY-
 TUESDAY**
 021619