

November 2024

# Youth Station

THE ONE-STOP-SHOP ON  
THE TRACK TO SUCCESS

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Dear Youth and Caregivers,

November is the month of giving thanks. We would like to take this time to extend our gratitude to all of our youth, caregivers, staff and community partners. We celebrate all of you this Thanksgiving season, especially our youth, to whom our work and this month's issue is dedicated.

-Your Youth Services' Team

# LIFE SKILLS *newsletter*

NOVEMBER 2024

## LIFE SKILL TARGET: MONEY MANAGEMENT

During the holidays, there may be an increase in “wants” and expenditures, and it is important to discuss and review some money management skills.

**Discuss** “wants” versus “needs.” Most choices are not simply yes or no. Common expenses during the holidays may include food and gifts. Emphasize that there may be many different options at different price points (a homemade item may be a better and inexpensive alternative to something store bought).

**Emphasize** that any expenditure should begin with a budget.

**Suggested activity for practice:** Plan a trip to the grocery store. Create a list of items needed for a meal and give them a budget. When it’s time to go shopping, give them their budget and have them complete an estimate of what everything on the list costs. Let them take the lead, and if they come in under budget, let them keep the difference, if you can. During the outing, show them how the same item ( bread rolls, a can of cranberry sauce) has different prices based on the brand and store. Point out discounts and specials that could help with budgeting and savings.

## RESOURCES:

VIDEOS ON PERSONAL BOUNDARIES:

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=PC5FTPX6NGG](https://www.youtube.com/watch?v=PC5FTPX6NGG)

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=XFAEEOD3H9K&T=83S](https://www.youtube.com/watch?v=XFAEEOD3H9K&T=83S)

**Article LINK:** How to Support Foster Youth during the Holidays.

<https://teenlifeline.org/holiday-boundaries/>

## SEL CORNER

(SOCIAL EMOTIONAL LEARNING CORNER)

### CREATING HEALTHY BOUNDARIES DURING THE HOLIDAYS FOR BETTER MENTAL HEALTH

Boundaries — in other words, limits, rules, or expectations we set for our well-being — protect both us and others from being hurt. While creating boundaries can be hard and uncomfortable in the short term, **they set up more positive relationships in the long run.**

The holiday season, for both good and bad, often tests our boundaries, with the end of the school semester, family visits, gift-giving and extra social obligations. Here’s how to use boundaries to **protect your mental health from holiday stress.**

**Article LINK:** Boundaries during the holidays  
<https://teenlifeline.org/holiday-boundaries/>



## LIFE SKILLS PROGRESS FORM CARE GIVER PORTAL

*Scan me*





# Thanksgiving

Thursday, Nov. 28, 2024

## Fun Facts:

- In 1621, the Plymouth colonists from England and the Native American Wampanoag people shared an Autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies.
- During the Civil War, in 1863, President Abraham Lincoln made Thanksgiving a national annual holiday
- On Dec. 26, 1941, Congress passed a law making Thanksgiving the fourth Thursday of November.
- Thanksgiving is a day for people in the United States to give thanks for what they have. Families and friends get together for a meal, which traditionally includes a roast turkey, stuffing, potatoes, vegetables, cranberry sauce, gravy and pumpkin pie.

# Job Board



## 30TH ANNIVERSARY OF Central Florida Job Fairs

With over 85 participating companies, prepare to engage with potential employers, boost your visibility, conduct quick interviews, and bring your resumes to life. Concentrate on leading Central Florida employers across various sectors while creating meaningful face-to-face connections!

WEDNESDAY

11/13/2024

12-4 PM

Located at the Orlando Fairgrounds, Expo  
Buildings, 4603 W Colonial Dr

**REGISTER & GET DETAILS**

[WWW.CFEC.ORG/JOB-FAIRS](http://WWW.CFEC.ORG/JOB-FAIRS)

Job Fairs ([cfec.org](http://cfec.org))



# Community Events



Orlando Youth Alliance is a safe, supportive group where youth and young adults find positive role models, make new friends, discuss important topics with peers, and become involved in the community.



Join  
**Osceola Youth Alliance**  
for a day at

**FUN SPOT**  
**KISSIMMEE**

Saturday, November 2

2850 Florida Plaza Blvd,  
Kissimmee, FL 34746

12-4pm





ORLANDO  
YOUTH  
ALLIANCE



RSVP to: [itiba@osceolayouthalliance.org](mailto:itiba@osceolayouthalliance.org)



ORLANDO  
YOUTH  
ALLIANCE

Invites you to a FREE family picnic w/outdoor activities at Shingle Creek Park, Sat. 11/9

[Home Page \(orlandoyouthalliance.org\)](http://orlandoyouthalliance.org)



# Winter Wonderland

Sponsored by Foster Youth of America

## Save The Date

- 12 \* 11 \* 24 -

5pm - 8:30 pm

- DESSERTS • CHRISTMAS STOCKINGS • DJ • PRIZES
- GAMES • HOT CHOCOLATE • PHOTO BOOTHS
- SURPRISES • DINNER • POPCORN STATION

Cypress Grove Park | The Grove Cottage House  
290 W. Holden Ave. Orlando, FL

RSVP: [See Link Below to Register](#)

*Dress Code*

### Holiday Festive

Best Festive Attire Wins a Prize!

[Winter Wonderland RSVP 2024 \(jotform.com\)](https://jotform.com)



BREVARD COUNTY FOSTER AND  
ADOPTIVE PARENT ASSOCIATION

☆ PRESENTS

# TEEN VIBES ONLY

*Neon Night* ☆

ART, BINGO, KARAOKE,  
FOOD, DOORPRIZES  
& MORE

FOR TEENS 13-18  
YEARS OLD  
IN FOSTER CARE OR  
ADOPTED

**\*\* REGISTRATION IS  
REQUIRED \*\***



**NOVEMBER 17, 2024 1-3 PM**

**ARTS FOR ALL STUDIO  
784 N. APOLLO BLVD.  
MELBOURNE**





# Resource Corner



## Family Partnerships of Central Florida

BREVARD | ORANGE | OSCEOLA | SEMINOLE

We are excited to begin expanding this newsletter to include resources, team members, youth and community partners from our Brevard County family.

To begin, we are proud to introduce  
**WAYS for Life!**

They serve youth ages 15-25 who are aging out of foster care, unaccompanied or at risk of experiencing homelessness, exclusively in Brevard County. Stay tuned to learn more about WAYS in future editions.



# Youth Spotlight

We dedicate this month's spotlight to each and every one of our youth. We are truly grateful to know you, for all you are and all you will become.



# Extra, Extra



Applications DUE **Sunday, December 1st** at midnight!

#### Introducing the 2025 Florida Youth Leadership Academy (FYLA):

FYLA's mission is to inspire young leaders through building healthy relationships, exploring leadership development, and actively engaging them within their communities.

*Apply now if you are interested in developing your leadership capabilities relating to communication, personal development, public speaking, and interviewing while also building connections with your peers and adults!*

Please send your completed application in an email to Cal Walton at:  
Cal.Walton@myflfamilies.com

**A letter of recommendation must be submitted with the application** (i.e. teacher, counselor, independent living specialist, foster parent etc.)

Application responses will be provided by early January 2025.

Thank you for taking the time to apply!

[Home Page \(orlandoyouthalliance.org\)](http://orlandoyouthalliance.org)