



**Free and Discounted Products and Services**



**Free Job Help**

iFoster provides resources through partnerships with hundreds of companies, government agencies and nonprofits nationwide. Free and discounted products and services are available to meet your needs. Signing up for iFoster is free. Current and former foster youth ages 16 to 24 are eligible. For certain programs you will be required to submit documentation to qualify. To sign up go to [www.ifoster.org/Registration.aspx](http://www.ifoster.org/Registration.aspx).

TAY has a Vocational Counselor who is available to meet with you one-on-one. Services may include: GED preparation, educational support, job search guidance, resume building and interview practice. **Miranda Fortenberry Employment Training Division Vocational Counselor 707-362-7668.**

### May is Mental Health Matters Month!

Join the TAY division in celebrating Mental Health Matters Month. We prepare for the Decade of Hope Mental Health Walk by hosting a Sign Making Party on Friday, May 4, from 11 a.m. to 2 p.m. The Mental Health Walk is Tuesday, May 8, from Noon to 1:30 p.m. It begins at the Hope Center (720 Wood St., Eureka) and ends at the Humboldt County Courthouse. The next day the TAY Division is hosting a Yoga and Tea event, Wednesday, May 9, 2-4 p.m. We are taking part in the 10th Annual Hope and Wellness BBQ on Friday, May 18, 11a.m. to 2 p.m. at Carson Park in Eureka. Join us!

### Mental Health Matters

### Dining Resources

**Free Produce Stand** at Jefferson Community Project, Saturdays, 10 a.m., 1000 B St., Eureka

**Food Not Bombs** Sundays, 4 p.m., Arcata Plaza

**Food for People** Monday through Friday, 307 W. 14th St., Eureka, 707-445-3166

**Fortuna Community Services** Third Wednesday of every month 11:30 a.m. to 1:30 p.m., 2331 Rohnerville Road.

**Farmers' Market** at Arcata Plaza, Saturdays, 9 a.m. to 2 p.m. CalFresh accepted

**Transitional Housing Youth Services Bureau** 707-443-8322

**Street Outreach Program Raven Project** 523 T St., Eureka, 707-443-7099.

May 2018

### TAY Drop-in

Stop in **Wednesdays** between 2 and 4:45 p.m.

Discuss your goals and how to accomplish them.

Get bus passes.

Use the computer, printer and fax machine to apply for school or work.

Ask questions about TAY services.

Meet with a counselor, peer coach or Independent Living Skills Coordinator.

Participate in drop-in activities.

### Directing Change Red Carpet Event

**Thursday, May 3, 2018**

**The Inn at 2nd & C**

**139 Second St., Eureka**

**Doors open at 6:30 p.m.**

**Program starts at 7 p.m.**

Join us for a special screening of Directing Change films produced by young, local filmmakers!

Directing Change is a statewide film competition that invites students (ages 14-25) to create films that encourage youth to support one another and reach out for help in a mental health crisis.

Also featuring art from the Humboldt County Boys & Girls Club Teen Court and performances from Planned Parenthood of Northern California's Spare Change Teen Theatre troupe.

For more info, visit

**DirectingChangeHumboldt.eventbrite.com**



707-476-4944

433 M St. Eureka

## ILS Coordinator

Levi Frisk 707-502-8626

## Extended Foster Care

### Social Workers

Evan Alves 707-296-0155

Sarah Clements 707-407-7758

Chryste Johnson 707-572-0065

## HCTAYC Youth

### Organizers

Leah Lammatina 707-845-8998

Calla Peltier-Olson 707-382-7312

### Peer Coaches

Sarah McGregor 707-572-9366

Cody Hoyt 707-296-5012

Stacey Farmer 707-476-4944

### Counselors

Ryan Green 707-382-7855

Sarah Duncan 707-382-1642

Corina Martinez 707-298-5014

## Employment Training

### Division Vocational Counselor

Miranda Fortenberry 707-362-7668

### Mental Health Case Managers

Sheri Daily-Comeaux 707-382-7881

Yolanda Bowdoin 707-382-0630

### WRAP Coordinator

Dani Widmark 707-382-7355

### TAY Supervisors

Dana Taylor 707-382-7663

Diana Williams 707-599-8647

Sonya Levy-Boyd 707-496-0683

TAY Staff

# TAY

## Transition Age Youth division

### May Doings

#### Casey Life Skills Assessment

Friday, May 11, all day

#### Create an iFoster account

Thursday, May 10, all day

#### Social Security Run

Monday, May 14, 2:30 p.m.

#### DMV Run

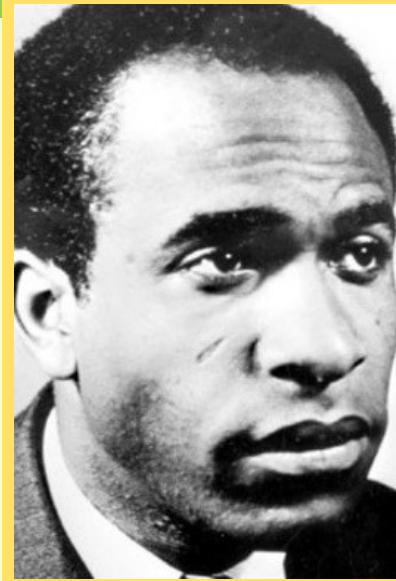
Monday, May 21, 2:30 p.m.

#### CalFresh Run

Thursday, May 24, 2:30 p.m.

To RSVP for ILS activities please call

**Levi at 707-502-8626**



## Quote of the Month!

“What matters is not to know the world but to change it.”

**Frantz Fanon**

### Free Services

#### Betty's Showers

Mondays and Wednesdays from 8 to noon  
35 W. Third St., Eureka

**Free Haircuts** at Frederick & Charles  
Salon 831 F St., Eureka 707-443-2733

**Free Cell Phones** and cell phone plans. 1-888-898-4888 or the SAFE-LINK Program 707-502-1462.

### Casey Life Skills Assessment

The Casey Life Skills Assessment assesses the behaviors and competencies youth need to achieve their long-term goals. It aims to set youth on their way toward developing healthy, productive lives. ILS eligible youth who complete the survey receive a \$25 incentive. For more information contact **Levi at 707-502-8626**.

## Humboldt County Transition-Age Youth Collaboration (HCTAYC)

HCTAYC seeks to improve services youth receive as they transition to adulthood. HCTAYC believes that because young people are experts in the systems that impact them, this expertise is vital in system transformation. HCTAYC helps build skills in the areas of youth development, policy change, youth advocacy, community engagement and wellness. HCTAYC provides training related to engaging youth and developing youth-informed approaches.

## California Youth Connection (CYC)

CYC is a youth-led organization that develops youth leaders who empower each other and their communities to transform the foster care system through legislative and policy change. It is open to current and former foster youth ages 14 to 24. If you are interested in applying for the CYC, call **Leah at 707-845-8998**.

# May 2018