

# Life Skills Retreats

## FAQ

### What is it?

Life skills retreats are opportunities for young people to name and strengthen the life skills they want. They will use the creative arts to reflect with their peers and supporters, using the [Casey Life Skills Assessment](#). They will share helpful resources and identify supportive relationships.

### Who is it for?

14 - 21 year old youth, with specific groups for those youth who want to self-identify as LGBTQIA+, parenting or Spanish speaking.

### What kinds of life skills will be discussed?

Members of the San Mateo County Foster Youth Advisory Board will co-facilitate discussions about daily living, self-care, housing & money management, relationships & communication, work & study, education & career planning, civic engagement (empowered to create social change), navigating the child welfare system, looking forward.

### Why should youth participate?

Life skills help young people move toward safety, permanency, and well-being. Their answers can be shared with their supporters and will help shape San Mateo County youth programming for the coming year. In addition, each youth will receive \$25 for participating.

### How can I register?

Register using the QR Code ->

