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VIRTUAL EMERGING ADULTS SUMMIT

APRIL
6TH - 7TH
2023

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ABOUT THIS VIRTUAL EVENT

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This virtual summit aims to provide information and generate critical thought surrounding issues that personally affect foster youth in Maryland. The summit will also facilitate healthy and effective life skills that can positively affect youth transitioning out of care and into independent living.

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ANTONIO GRATE

KEYNOTE SPEAKER

With great transparency, Antonio shares a motivating, inspiring, and empowering message on how to strategically get over the hurt, disappointment, and anger that plague so many of us today. His tag line "BE GRATEFUL" is a message that's designed to bring about hope, healing, restoration, love, and victory in the lives of his audiences. His mission is to tell his story of how he has overcome insurmountable odds to now live a life of joy, peace, happiness, and love. His passionate delivery and heartfelt sincerity touches the hearts of listeners and leaves them wanting more.

**THIS IS A VIRTUAL EVENT!
ALL YOU NEED IS A DEVICE TO ATTEND!**

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SCHEDULE AT A GLANCE

Thursday, April 6th, 2023

10:00 am - 10:15 am

Welcome from SSA

10:15 am - 11:00 am

Keynote Speaker

11:05 am - 12:05 pm

Session A

12:05 pm - 12:35 pm

Lunch

12:35 pm - 1:35 pm

Session B

1:40 pm - 2:40 pm

Session C

2:45 pm - 3:00 pm

Day 1 Closeout

Friday, April 7th, 2023

10:30 am - 11:00 am

Keynote Speaker

11:05 am - 12:05 pm

Session D

12:05 pm - 12:35 pm

Lunch

12:35 pm - 1:35 pm

Session E

1:40 pm - 2:40 pm

Session F

2:45 pm - 3:00 pm

SSA Event Closeout

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Participants will customize this experience and exercise autonomy by selecting which sessions in this event best suit their needs and interests.

All sessions will support our Ready By 21 Benchmarks (*Education & Employment; Financial Empowerment; Permanent & Supportive Connections; Safe & Stable Housing; and Well-being & Civic Engagement*) in insightful ways which will appeal to the emerging adults we serve. The sessions being offered range from financial literacy to creative coping skills. As we leverage lived experiences, foster youth can participate in group activities and discussions, as well as hear from speakers who also have lived-experiences.

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DETAILED SESSION SCHEDULE

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Session A

A1 Financial Empowerment

A2 L.I.F.E.

Session B

B1 Affordable Healthy Eating

B2 Healthy Relationships

Session C

C1 Healthy Police Interactions

C2 Building Our Collective Power: Social Justice

C3 Miseducation of Sex Education

Session D

D1 Music Therapy

D2 The Write to Heal

D3 Visualizing Your Future

Session E

E1 Affordable Healthy Eating

E2 Healthy Relationships

E3 L.I.F.E.

Session F

F1 Building Our Collective Power: Social Justice

F2 Strategic Sharing Skill Building

F3 Miseducation of Sex Education

- A full description of each session is on the following pages of this brochure

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SESSION DESCRIPTIONS

HEALTHY LIFESTYLE SESSIONS



Financial Empowerment

Interactive discussion with Delores Rubin, a Wall Street Banker with 30+ years of experience in the financial industry as an equity trader and member of Deutsche Bank's Black Leadership Forum. Youth will receive helpful tips on goal-setting, budgeting, banking, investing, saving and credit.



Miseducation of Sex Education

Interactive discussion with Mystkue Woods, a sex educator and published author. Youth will explore issues related to personal development and body image, intimacy skills, sexual health and reproduction, and safer sex practices.



Affordable Healthy Eating

Workshop with Pilar Monroe, a certified exercise physiologist. Youth will learn independence and autonomy with nutrition, improve health through efficient and sustainable behavior changes, and receive tools such as grocery lists, easy recipes, and local and online food resources.

CREATIVE COPING SKILLS SESSIONS



Music Therapy

Workshop with Lilah Pittman, music therapist and owner of Melody Music Therapy. Youth will learn music therapy interventions, such as lyrical exploration, to cope with life stressors.



The Write to Heal

Creative writing workshop with Michael Guinn, an author and recognized performance poet with 20+ years of experience. Youth will learn to appreciate the healing power of creative writing and how vital it is for us to find ways to "get free" through self-expression.



Visualizing Your Future

Workshop with Tiffany Haynes, a founding member of Advocates for Richmond Youth with over a decade of experience in youth advocacy. Youth will learn to create vision boards to encourage goal setting and motivation through affirmation.

SESSION DESCRIPTIONS

SHARED EXPERIENCES SESSIONS



L.I.F.E.

Interactive discussion with Kevin Warren, an empowerment speaker, author, and CEO of The LIFE Group, LLC. Youth will discuss their S.B.S. (Self Belief System) and how to positively affect their existence in the areas of L.I.F.E. (Love, Identity, Foundation, & Encouragement).



Building Our Collective Power: Social Justice

Interactive discussion with E'laine Williams, an activist, advocate, and organizer with over a decade of experience with intersectional issues affecting youth in care. Youth will explore how to get involved in social justice issues that matter to them, as well as discover how to utilize their lived-experience to affect change.



Strategic Sharing Skill Building

Interactive discussion with Maryland State Youth Advisory Board (SYAB) members, supported by Amanda Beatty, Maryland's ILC. Youth will learn the strategic sharing model where they will discuss ways to protect themselves when sharing lived-experience stories, providing guidance on how to decide whether to share or not.

SAFETY FOCUSED SESSIONS



Healthy Relationships

Interactive discussion with "D," a non-binary educator specializing in working with marginalized youth. Youth will explore what they need to make healthy relationships a reality and leave with a better understanding of their personal needs, feeling empowered to center the values that create their boundaries, while communicating them to others.



Healthy Police Interactions

Interactive discussion with Howard County Police Department's Community Outreach Division. Youth will learn their rights and how to navigate police interactions, while facilitating healthy relationships with local law enforcement.

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HAVE ANY QUESTIONS?



Reach out to SSA's State Independent Living Coordinator (ILC), Amanda Beatty via email or phone at 443-202-0660

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