

DECEMBER 2024

YOUTH

STATION

The one-stop shop on the track to success

Happy Holidays

Dear Caregivers,

We would like to wish you all a happy holiday season.

This time of year is filled with traditions and spending time with your loved ones. This may also be a sensitive time for our youth. Let's all come together to make their holidays special, despite their circumstances. We can ask about their family traditions or favorite holiday recipes, connect them with siblings or family if possible, and make new memories, such as experiences and events included in this newsletter.

Please reach out if we can provide any additional support.

Warmly, Your Youth Services Team

LIFE SKILLS

DECEMBER 2024

newsletter

LIFE SKILL TARGET: **HOLIDAY MEAL PLANNING**

Cooking and meal planning can be a great way to connect, especially during the holiday season. Instead of making all the meals yourself, include your teens in meal prep, cooking and cleanup. Share the cookbooks and online resources you use for recipes and meal ideas. Ask them to find a recipe they'd like to make, and coach them through making it.

Why it matters:

Developing a cooking repertoire increases self-awareness, decision-making and relationship building. Learning these life skills allows youth to contribute to the household in personalized and independent ways.



RESOURCES:

- How to Support Foster Youth During the Holidays
<https://www.kfh.org/foster-child-holidays/>
- Celebrating the Holidays with Foster Youth: Dos and Don'ts
<https://www.afs4kids.org/blog/celebrating-the-holidays-with-foster-youth-dos-and-donts/>
- Supporting Foster Kids During the Holidays
<https://www.thecamelotdifference.com/foster-children-holidays>

SEL CORNER

(SOCIAL EMOTIONAL LEARNING CORNER)

The holidays can take an emotional toll on all of us, but foster children may feel an increased sense of grief, stress or anxiety. Your foster child may pull away or withdraw over the holiday season. Be sure to encourage youth to practice self-care and respect any boundaries they set. Below you will find a list of resources to help you support your youth during the holiday season.

Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.



Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.



Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.

LIFE SKILLS PROGRESS FORM CAREGIVER PORTAL

Scan me



Holiday Fun Facts



Germany is credited with starting the Christmas tree tradition by the 16th century, making them out of dyed goose feathers.



Christmas is traditionally a Christian festival celebrating the birth of Jesus.



Hanukkah is the Jewish eight-day festival of lights, celebrated with a nightly menorah lighting, special prayers and fried foods.



Santa Claus was born in 270 AD. He is more than 1,000 years old.



On each of the seven nights of Kwanzaa, the family gathers and lights one of the candles on the kinara while one of the seven principles is discussed.



December Events

Winter Wonderland 2024

Foster Youth of America's annual
holiday party is almost here!

A festive poster for the Winter Wonderland 2024 event. The background is dark blue with white and light blue snowflakes and stars. The text is centered and reads: "Winter Wonderland" in a large, white, cursive font. Below it, in a smaller white font, is "Sponsored by Foster Youth of America". Then "Save The Date" in a large, white, serif font. Below that, "- 12 * 11 * 24 -" in a white, serif font, and "5pm - 8:30 pm" in a smaller white font. A list of activities follows: "• DESSERTS • CHRISTMAS STOCKINGS • DJ • PRIZES • GAMES • HOT CHOCOLATE • PHOTO BOOTHS • SURPRISES • DINNER • POPCORN STATION". The location is "Cypress Grove Park | The Grove Cottage House" and "290 W. Holden Ave. Orlando, FL". The RSVP information is "RSVP: See Link Below to Register" with "See Link Below to Register" in a white box. The dress code is "Dress Code" in a cursive font, followed by "Holiday Festive" in a serif font, and "Best Festive Attire Wins a Prize!" in a smaller serif font.

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)

Downtown for the Holidays

Dec. 6-22

Fridays-Sundays

101 North Rosalind Ave., Orlando, FL 32801

Free Event



Florida Snow Day

Dec. 10, 11 AM-4 PM

1452 Highland Ave., Melbourne, FL

32935

Free Event



Holights

Nov. 29-Dec. 25

3274 Margaritaville Blvd.

Kissimmee, FL 34747

Free Event



Hanukkah Celebration of Lights

Dec. 28, 7-10 PM

6955 Lake Nona Blvd.

Orlando, FL 32827

Free Event





Resource Corner

Do you have a youth in high school with a documented disability, IEP or 504 plan? High School High Tech is enrolling youth for the 2024-2025 school year.

To enroll, please send an email to elizabeth.sherer@fpocf.org with the teen's name, date of birth and school.



The Able Trust's High School High Tech program provides Florida high school students with a broad range of academic, career development, and experiential resources and opportunities that enable them to better meet the demands of a modern workforce.



Extra Extra

Orlando Magic Game

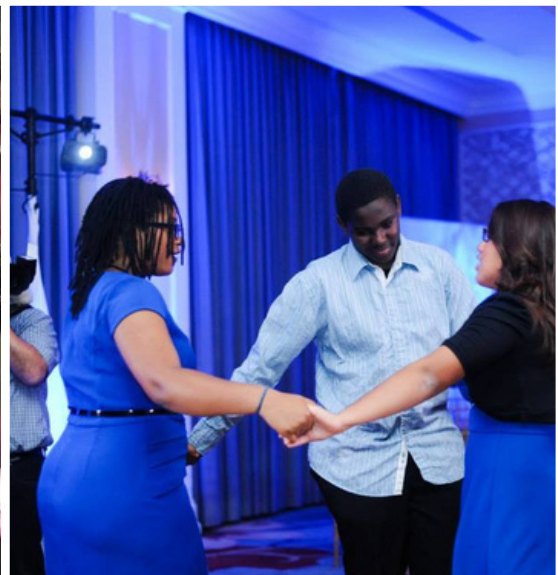
Jan. 5, 6:30-9 PM

This is a first-come, first-served opportunity, with just 25 tickets available per game. You will receive a confirmation email from the Enrich manager letting you know if you've secured tickets or if they've already been claimed.

<https://foundationforfosterchildren.org/orlando-magic-season-2024-2025/>



Winter Wonderlands of Holidays Past



**We hope to see you all at
Winter Wonderland 2024!**