

2019 Oregon Teen Retreat - Workshops

Well-Being Jeopardy

In this FosterClub game show our host will lead contestants in a quiz-style game show where you will answer questions about well-being. Each round will cover basic topics associated with well-being and by the end of the game show, participants will have effectively shared their personal experiences in an effort to inform the audience that this issue holds as much value, importance, and relevance as such subjects as permanency and safety.

Navigating Healthcare

Crap Happens! Knowing how to manage your own health is important! You may feel invincible now, but youthfulness can be deceiving. Come learn about the “crap” that can happen unexpectedly, the importance of taking charge of your own health (mental and physical), and what options are available so that a trip to the doctor doesn’t turn into massive debt.

Staying in the Lines

Learn how to stay in your lane and how to ask others to do the same. In this workshop, we will have a discussion about boundaries for young people with foster care experience.

Family Matters

Dealing with birth family can be confusing and chaotic! These relationships often require special attention. Through role-playing scenarios and rich group discussion, begin to formulate strategies for building safe and healthy relationships with family members.

The Pact

What is “permanency” and why do you need it? Learn that permanency comes in many different shapes and sizes, and that different people can provide different types of supports. Feel more confident identifying supportive people and asking them to be a permanent part of your life by learning to use FosterClub’s Permanency Pact!