



2016-2017 Program Schedule - “Real Talk for Real Life”

Our program is a rotating series of conversations developed to equip young women of color with the life skills needed for living a balanced, healthy, enriched life. A Certificate of Completion will be award to participants completing all sessions. Topics may not be presented in order or format shown.

DATE, TIME & LOCATION	SESSION TOPIC	ELEMENTS
August 27, 2016 11am – 3pm Location: General Aviation Center (Torrance, CA)	HEADTURNER Health, Fitness & Nutrition AND LIVE-LAUGH-LOVE Self-Care	Discussion on healthy weight, proper nutrition and exercise, specific health issues facing African American women. Strategies for coping with life as a woman of color, stress reduction, relaxation techniques and finding balance in mind, body and spirit.
September 17, 2016 11am – 3pm Location: General Aviation Center (Torrance, CA)	NO, NOT ME! Self-Image, Respect, and Relationships	Discussion on developing standards of self-respect, commanding respect from others, defining and developing a healthy self-image, healthy relationships, dating, sex, abusive relationships. Media impact.
October 22, 2016 11am – 3pm Location: General Aviation Center (Torrance, CA)	I'M A SURVIVOR My Legacy – Transforming Family Cycles AND ME & MY KIDS Raising Strong Confident Children	Creating our own legacy, examining positive and negative family cycles. Examining the cycles we live by that we endured as children and grandchildren of the imperfect. Lessons on being honest with children, breaking family cycles and raising strong confident young men and women . Child safety.
November 21, 2016 11am – 3pm Location: General Aviation Center (Torrance, CA)	HANDLE UR BIZNESS Money Management & Financial Literacy AND MY PEDIGREE Education – Formal and Informal	Lessons on creating a budget, understanding credit and credit scores, planning for emergencies and the future. Discussion on education opportunities, the benefits of education, financial resources, successful college/university experiences.
December 17, 2016 11am – 3pm General Aviation Center (Torrance, CA)	TRAILBLAZERS My Life's Work - Job and Career	Discovering our purpose and exploring ways to fulfill it. (Panel)

<u>DATE, TIME & LOCATION</u>	<u>SESSION TOPIC</u>	<u>ELEMENTS</u>
February 25, 2017 11am – 3pm General Aviation Center (Torrance, CA)	REAL BALLIN' Leadership – Advancing Self & Others AND REACH BACK & PAY IT FORWARD Public Service –	Identifying and utilizing leadership skills and using those skills for the advancement of self and others. Exploring our history and discussion on volunteerism, community service, how helping others can be self-fulfilling, giving back.
March 25, 2017 11am – 3pm General Aviation Center (Torrance, CA)	STEP OUT WITH CLASS Social & Dining Etiquette	Lessons in social and professional dining, conversation etiquette and proper attire for a various occasions.
April 22, 2017 11am – 3pm General Aviation Center (Torrance, CA)	CONGRATULATIONS! Certification and Assessment	Celebrate Success! Distribute Certificates Review Program Post-Program Assessment

Please note location may change based on need or by request.

ALLOVEME MANTRA

“I AM a beautiful, intelligent, successful, loving, strong, healthy woman of color!”

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