



CASA celebrates successful fiscal year-end and gears up for "Back to School"

Dear Friend of CASA:

School is (or will soon be) back in session. Your thoughts as a CASA are probably morphing into concerns about trials and triumphs in IEP-land (if applicable), the recess jungle, the hope that your child/youth you serve will be integrated into the school community, and the desire that you will be the best advocate you can be for your child.

As child advocates for foster children, we experience some stress and worry of how school will be for the children/youth you serve. Now is as good a time as any to review self-care strategies we could all use. After all, we're of no use to anyone - especially our kids - if we allow our stress to control our lives.

Check out these links for stress relieving and relaxation techniques and enjoy the rest of summer!!

- [10 Relaxation Techniques That Zap Stress Fast](#)
- [20 Simple Stress Relief Techniques](#)



~ This is what you will find on this newsletter! The titles below are clickable and will take you straight to where they are located :)

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What's Happening this Summer & Fall!

Launching CASA's 20th Year Celebration



CASA of Sonoma County was founded in 1996 and graduated its first class of volunteers in 1997, being then recognized by the [National CASA Association](#).

Sonoma County Superior Court Judge Arnold Rosenfield and our founding Executive Director Millie Gilson founded the CASA program out of concern for the many children languishing in the foster care system, often victims of poorly documented or ill-conceived decisions.

Judges express the need

for unbiased and crucial information in their caseloads, and look to CASA to provide that.

*As we prepare to celebrate these 20 years of advocacy for positive futures for foster children we invite you to **SAVE THE DATE** and follow event updates through our [Facebook event page!](#)*

Sonoma Music Festival

CASA of Sonoma County is one of the beneficiaries of the 2016 Sonoma Music Festival from October 7 - 9. We are very excited with this opportunity and ask that you join us in fulfilling one of the requirements, which is to recruit 10 to 15 volunteers for each of the three (3) days of the event. This is a really fun volunteer activity and volunteers who participate are also allowed to enjoy the concert.

Since the festival's website has encountered technical problems, please email cocasa@sonomacasa.org if you would like to volunteer or would like to sign up a friend to volunteer with you. Please list the following on your email:

- **Full Name**
- **Email**
- **When would you like to volunteer (Friday 10/07, Saturday 10/08, Sunday 10/09)**
- **What would you like to do: VIP Area Set Up | VIP Area Attendant | Box Office | Ticket Takers | Security | Utility Staff | Beer Booth |**

*Thank you so much for your help in securing funds for our
CASA of Sonoma County Program.*



CASA presence in the community!

Several informational booths have been scheduled this Summer! You, our CASA volunteers have been out there representing our program. Thank you so much for all your support!

If you would still like to join us in one of those booths, we still have slots available for the Sonoma Farmers' Market in September and October. Please email cocasa@sonomacasa.org to sign up.



**Pictured here: Board Members Extraordinaire
Roni Brown & Mary Ann Wakefield**

CASA Beautification - improving our facilities.

Special thanks to Tracy Krikorian who has kindly donated her time to renovate a second room here at the Los Guilicos facilities where we are located. She has been working hard on getting our library, conference and meeting room space. The room has been totally refurbished, including the addition of new file cabinets, conference tables. We also have laptops available for you and your youth when needed.

Read more about the importance of foster youth having a chance to work on laptops [here](#).



Continuing Education Opportunities



- **Educational Advocacy Panel**

When: Wednesday, 08/31 12:00 - 2:00 pm

Where: Classroom A at Los Guilicos (by the CASA office)

Presented by: Debra Sanders, Steve Nielsen and Mandy Hoffman

Please join as we introduce the parties who provide support to our foster youth with educational advocacy. Come learn of their roles and responsibilities, updated legislation, and how they see your role as a CASA in supporting educational out-comes for youth. This will be a panel with the Dependency & Delinquency Courts Educational Liaisons, as well as Special Education Administration. Bring your questions for an open discussion.

Please RSVP at 707-565-6375 or tccasa@sonomacasa.org and we will send you a link to register.

- **Gang Prevention Seminar "Tipping the Scale - Transforming Trauma"**

When: Wednesday, 09/21 7:30 am - 3:00 pm

Where: Finley Community Center - Auditorium
2060 West College Ave.

Santa Rosa, CA 95401

Cost: \$25 (CASA will offer 10 scholarships on a first-come, first-served basis). If you are interested, please keep your registration receipt to get reimbursed.

Presented by: City of Santa Rosa

Please RSVP at 707-565-6375 or tccasa@sonomacasa.org and we will send you a link to register.

- **C.A.F.Y.E.S. (COOPERATING AGENCIES FOR FOSTER YOUTH EDUCATIONAL SUPPORT)**

When: Wednesday, 09/29 at the 12 pm Case Review Session

Where: CASA office (Room K)

Learn more about CAFYES, which is a new program that only 10 colleges in the state of CA were awarded. The main goal of the program is to support foster students on and off campus to increase student retention. The program was officially adopted at SRJC in January.

- **Foster & Kinship Trainings "Medically Fragile Children"**

When: Saturday, 10/01 9:00 am - 5:00 pm

Where: Santa Rosa Junior College campus
1501 Mendocino Ave.

Santa Rosa, CA 95401

Cost: Free

Please RSVP at 707-565-6375 by 09/23 and we will send you more information.

Community Events

- **ILP BBQ**

When: Wednesday, August 18th at 5:00 - 6:30 pm

Where: Finley Community Center/Park (Picnic Area 1& 2)

Food will be provided

- **Back to School BBQ at Voices**

When: Wednesday, August 31st at 5:00 - 7:00 pm

Where: VOICES at 714 Mendocino Ave. in Santa Rosa

Flyer [here!](#)

- **FREE Marvel Marathon Weekend**

When: Friday, August 26th

Iron Man (2008) - 6:00 pm

Ant-Man (2015) - 8:15 pm

Saturday, August 27th

The Avengers (2012) - 3:00 pm

Avengers: Age of Ultron (2015) - 5:30 pm

Captain America : Civil War (2016) - 8:00 pm

Where: Weill Lawn at the Green Music Center (Sonoma State)

1801 East Cotati Ave. Rohnert Park, CA 94928

Cost: Free

Flyer [here!](#)

- **Basic Computer Classes**

When: Eight Mondays, 6-9 p.m.

September 19 - November 14 (No class 10/31)

Mandatory Orientation: Sep. 12, 6:00-7:30 PM

Where: Social Advocates for Youth Dream Center

2447 Summerfield Road, Santa Rosa

Flyer [here!](#)

- **Essential Hospitality Skills**

When: Eleven Wednesdays, 6-9 p.m., Sept. 7 - Nov. 16th

Where: Southwest Center at 950 S. Wright Road, Santa Rosa

Flyer [here!](#)



Sonoma County
Office of Education

FAFSA now available starting October 1st



John Burton Foundation and the Alliance for Children's Rights release questions about AB 12 every month through [this newsletter](#). CASA volunteers often enhance their knowledge and advocacy skills by asking the right questions which are posted on the newsletter. CASAs asked about FAFSA and you can find more information about it [here!](#)

Backpacks and more backpacks!



By September 1st, CASA will have backpacks available if you have not gotten one for your child/youth yet.

Come on by!

CASA Fall Training

Have you ever had a hard time explaining to a friend or coworker what a CASA volunteer does, or why someone should volunteer? Now, there's a great video to help you with this task.



CASA volunteering explained in three minutes!

Don't miss the chance for another "Each One, Reach One" opportunity to share the video with people who want to know what

a CASA volunteer is, and how they could help abused or neglected children.

Tell one person every week about CASA and see our program grow. Those personal one-on-one connections make a BIG impact! We are hoping to fill up the room for our upcoming [Fall training](#) starting September 29th.

Know someone who would be a great CASA volunteer?

 Forward to a Friend

Web, Social Media, Emails & Newsletters

Our CASA of Sonoma County Program has been striving towards enhancing our communication channels. Our goal is to make sure all of you, our CASA volunteers, have ways to stay up to date on the great opportunities we receive daily including workshops, seminars, tickets and such.

You might be familiar with all these communication channels already and how to use them, but we thought we use this opportunity for a refresher.



This is an email marketing service we use to send out our newsletters, donation requests, invitations. Even though the emails will always be sent from one of our CASA email addresses, there is a slight chance that the email gets stuck in your spam box folder. Please be sensitive to that. This service also provides us with a great tool that allows us to know if you are getting and opening our emails.

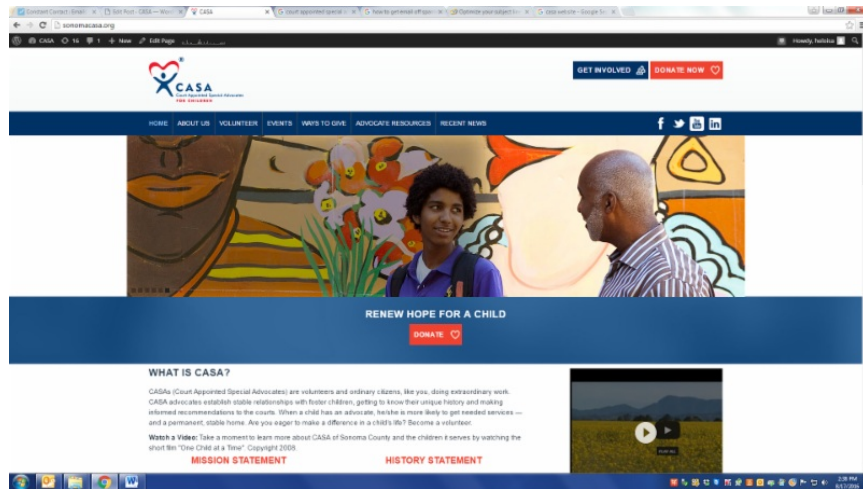
- **Resources and Opportunities:** this newsletter is released every other month and it is our way of keeping you informed but also to help us organize all the information we feel it is important for you to have. Please recognize that we do not mean to inundate you with information but rather give you one comprehensive document that you can rely upon and use. I would also like to invite your feedback and ideas. If you have a resource or activity you would like to add, please let us know.
- **CASA Connection and CASA Feedback:** these newsletters are out quarterly following the seasons and important themes for your work as a child advocate. CASA Connection is a way for the CASA program to connect with the community and CASA Feedback is geared towards your work as a CASA.

The Facebook logo, consisting of the word "facebook" in a blue, lowercase, sans-serif font.

We use this Social Media tool to bring to the community more awareness about our program and matters related to child

abuse, the court and child welfare systems. In addition, it is a way for us to connect with you and other CASA programs in a daily/weekly basis.

- Click [here](#) to go to our Facebook page. Please like us, share our info with others and invite them to like us too.



Our website www.sonomacasa.org is the face of our program; for you and our community. We use it for consistency of program information. It is also a personal assistant for your work as a child advocate.

- All the CASA forms and templates are on our website and you will find them, by clicking on the picture below:



It is never too early for Holiday wishes

Submit your holiday wishes by September 30th!





CASA

Court Appointed Special Advocates
FOR CHILDREN

CASA of Sonoma County

P.O. Box 1418 Kenwood, CA 95452

707-565-6375 (p) 707-565-6379 (f) info@sonomacasa.org

www.sonomacasa.org

STAY CONNECTED:



[Make A Donation](#)