



# COUNTY OF SAN DIEGO NEWS ADVISORY

FOR IMMEDIATE RELEASE

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## **COUNTY HELPS TEENS OVERCOME LIFE STRUGGLES**

***Youth Empowerment Summit to Take Place April 28;***

***Teens 13 and Up Encouraged to Participate***

**WHAT:** South Bay teens will learn important life and independent-living skills during the Health and Human Services Agency (HHS)—South Region, Youth Empowerment Summit. The event is free.

HHS is joining forces with other local South Bay agencies to offer youth ages 13 and up a day of education, entertainment, and empowerment. Youth will have the opportunity to participate in a series of workshops including Career Readiness, and Leadership. The event is specifically designed for youth in foster and kinship care but is open to all teens.

Highlights include guest-speaker Rita Naranjo, a former foster youth and motivational speaker, who will share her experiences of life in foster care and her success in achieving a higher education. Resource Agencies such as Job Corps, South Bay Community Services, and Youth Educational Services will also be onsite to offer resources and information to participants.

To register for the Youth Empowerment Summit, call (619) 336-5751

**WHEN:** **SATURDAY, APRIL 28TH, 2007**  
**9 a.m.-4 p.m. (10 a.m. media interviews)**

**WHERE:** **Cornerstone Church of San Diego**  
**1920 Sweetwater Rd.**  
**National City, CA 91950**

**WHY:** School completion and the ability to hold a job for at least 3 months are major indicators for youth success. Youth who have faced life's struggles face additional challenges due to multiple living environments and lack of stability early in life.

Studies have shown that mentoring has a positive impact on youth. It reduces drug and alcohol use, improves school attendance, increases academic performance, and decreases adolescent violence, while teaching teens life and independent living skills.

The Youth Empowerment Summit is sponsored by HHS-South Region, Casey Family Programs, South Bay Community Services, Turning the Hearts Center and Cornerstone Church of San Diego. This event is co-sponsored by Pat & Oscar's, Starbucks, Dr. Pepper, and WalMart. ###