

GIRLS EMPOWERMENT CONFERENCE PROGRAM

SATURDAY, OCTOBER 5, 2024
@ EAST LOS ANGELES COLLEGE
1301 AVENIDA CESAR CHAVEZ, MONTEREY PARK, CA 91754
8:30 AM - 3:30 PM



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



COUNTY OF LOS ANGELES
PROBATION
Building safer communities through positive change.



COUNTY OF LOS ANGELES
Public Health



MADE POSSIBLE WITH SUPPORT FROM

Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Holly J. Mitchell

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Lindsey Horvath

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISOR

EVENT SCHEDULE

8:30-9:15 AM	REGISTRATION BREAKFAST SERVED BETWEEN 8:30-9:15 AM
9:15-9:30 AM	TRANSITION TO AUDITORIUM
9:30-10:15 AM	"GRAND OPENING KEY NOTE SPEAKER "DIANA AGUILAR-CRUZ" AND MC DIANA AGUILAR-CRUZ
10:15-10:30 AM	TRANSITION TO 1ST BREAKOUT
10:30-11:15 AM	1ST BREAKOUT SESSION
11:15-11:30 AM	TRANSITION TO 2ND BREAKOUT
11:30-12:15 PM	2ND BREAKOUT SESSION
12:15-12:30 PM	TRANSITION TO 3RD BREAKOUT
12:30-1:15 PM	3RD BREAKOUT SESSION
1:15-1:30 PM	TRANSITION PERIOD
1:30-3:00 PM	GIRL POWER LUNCH , WELLBEING VILLAGE , RESOURCE FAIR
3:00-3:30 PM	I-MATTER HEALING CIRCLE AND POEM WITH DR. NOOSHIN VALIZADEH

WELL-BEING VILLAGE

- SOLEDAD ENRICHMENT ACTION
- SOUTH CENTRAL LOS ANGELES REGIONAL CENTER
- LAC DMH UNITED MENTAL HEALTH PROMOTERS
- LA COUNTY PUBLIC WORKS
- LA COUNTY LIBRARY
- SOUTHERN CALIFORNIA CROSSROADS
- ELLA SPORTS FOUNDATION
- LA PLAZA DE CULTURA Y ARTES
- LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
- PARTNERS IN SUICIDE PREVENTION, LACDMH
- PHENOMENAL ANGELS OF THE COMMUNITY
- ANTELOPE VALLEY PARTNERS FOR HEALTH
- THE WALL LAS MEMORIAS
- LA COUNTY DEPARTMENT OF PUBLIC HEALTH
- HELPLINE YOUTH COUNSELING
- CASA DE LA FAMILIA
- CHILD MIND INSTITUTE - YOUTH MENTAL HEALTH ACADEMY
- CHILD SUPPORT SERVICES DEPARTMENT
- LOS ANGELES COUNTY DEPARTMENT OF MEDICAL EXAMINER
- PACIFIC CLINICS
- TOGETHER FOR WELLNESS / JUNTOS POR NUESTRO BIENESTAR
- LA COUNTY LIBRARY
- HELPLINE YOUTH COUNSELING, INC
- EMPOWERING LEADERSHIP IN LATINA ATHLETES (ELLA)
- LA COUNTY DEPARTMENT OF PUBLIC HEALTH
- VOLUNTEERS OF AMERICA
- PLUS ME PROJECT
- YWCA GLENDALE AND PASADENA
- SHIELDS FOR FAMILIES
- EL CAMINO COLLEGE
- ROYBAL FAMILY MENTAL HEALTH CENTER
- ANTELOPE VALLEY PARTNERS FOR HEALTH
- SOUTH CENTRAL LOS ANGELES REGIONAL CENTER
- JUSTICE FOR MY SISTER
- COUNTY OF LOS ANGELES DEPARTMENT OF PARKS AND RECREATION - NATURAL AREAS - SGRP
- AQUATICS DEPARTMENT
- DEPARTMENT OF PARKS AND RECREATION
- PARKS AFTER DARK STREET TEAM
- DEPARTMENT PARKS AND RECREATION SPORTS DIVISION



CAMPUS MAP

WORKSHOP SCHEDULE

BE YOU VISION BOARD PARTY

LOCATION : MPR

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

WITH AN EMPHASIS ON MINDFULNESS AND SELF-CARE, THIS ART FOCUSED WORKSHOP WILL EMPHASIZE THE IMPORTANCE OF SELF-CARE AND RESILIENCE. THESE ART-BASED ACTIVITIES WILL TAKE YOU ON A JOURNEY OF TAKING CARE OF YOUR MIND, BODY, AND SOUL.

RAISING GIRL ALTHETES

LOCATION : G2 104

SESSION TIME: 10:30 A.M. , 11:30 A.M.

AN EXCITING WORKSHOP FOR ALL GIRLS—WHETHER YOU'RE A SPORTS PRO OR TRYING IT FOR THE FIRST TIME! JUMP INTO THE WORLD OF GIRLS IN SPORTS AND EXPLORE THE AMAZING BENEFITS BOTH ON AND OFF THE FIELD!

MY COMMUNITY MY TRAUMA

LOCATION : E3 355

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

JOIN US TO EXPLORE HOW TRAUMA HOLDS COMMUNITIES BACK AND LEARN POWERFUL WAYS TO TURN PAIN INTO PROGRESS. TOGETHER, WE'LL UNLOCK RESILIENCE, EMPOWERMENT, AND A BRIGHTER FUTURE!

GIRLS GLOW- A JOURNEY TO SELF CARE AND HYIENE

LOCATION : E3 311

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

A TRANSFORMATIVE EXPERIENCE THAT EMPHASIZES BOTH INNER AND OUTER WELL-BEING. ENCOURAGE, MOTIVATE, AND EMPOWER YOUNG WOMEN BY INCREASING SELF-ESTEEM.

FULL STEAM AHEAD

LOCATION : ASU 211

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

THE STEAM OUTREACH PROGRAM SHOWCASES CAREERS, EDUCATION, AND PROJECTS IN PUBLIC WORKS. DISCOVER HOW PUBLIC WORKS IMPACTS OVER 10 MILLION LIVES IN LA COUNTY AND WHAT THEIR TEAM DOES EVERY DAY!

LOVE IS RESPECT

LOCATION : E3 352

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

UNCOVER THE SECRETS TO RECOGNIZING DIFFERENT RELATIONSHIPS, BUILDING HEALTHY ONES, SETTING STRONG BOUNDARIES, AND BOOSTING YOUR MENTAL WELL-BEING WITH ESSENTIAL RESOURCES!

EMPOWERED FRIENDSHIPS

LOCATION : E3 312

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

DISCOVER THE KEY TRAITS OF HEALTHY RELATIONSHIPS, MASTER COMMUNICATION SKILLS, AND CONFIDENTLY SET BOUNDARIES. PLUS, LEAVE WITH THE TRUE METHOD—A POWERFUL TOOL FOR BUILDING AUTHENTIC, LASTING FRIENDSHIPS!

YOUR VOICE AND YOUR COMMUNITY - ENVIRONMENTAL JUSTICE

LOCATION : G2-102

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

DIVE INTO LIVELY DISCUSSIONS, SPARK COMMUNITY CHANGE, CREATE YOUR OWN ZINE, AND CONNECT WITH THE LA COUNTY YOUTH CLIMATE COMMISSION. GET READY FOR A FUN, CREATIVE, AND EMPOWERING SESSION WITH FELLOW YOUNG CHANGEMAKERS!

**GLOW NATURALLY:
THE SCIENCE OF
SKINCARE!**

LOCATION : ASU 219

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

DISCOVER HOW NATURAL INGREDIENTS BOOST SKIN HEALTH AND SELF-CARE FOR OUTER BEAUTY AND MENTAL WELLNESS! CREATE YOUR OWN ALL-NATURAL BEAUTY PRODUCTS WITH EVERYDAY ITEMS LIKE SUGAR AND ESSENTIAL OILS WHILE UNCOVERING THE SCIENCE BEHIND EACH INGREDIENT.

**A CAREER IN
MENTAL HEALTH**

LOCATION : E3 331

SESSION TIME: 10:30 A.M. , 11:30 A.M.

DID YOU KNOW THERE'S A CRITICAL SHORTAGE OF MENTAL HEALTH PROFESSIONALS IN UNDERSERVED AREAS? THIS WORKSHOP EMPOWERS DIVERSE HIGH SCHOOL STUDENTS TO PURSUE CAREERS IN MENTAL HEALTH THROUGH THE YOUTH MENTAL HEALTH ACADEMY (YMHA). LEARN ABOUT THE APPLICATION PROCESS, EXPLORE EXCITING PROGRAM COMPONENTS, AND DISCOVER THE BENEFITS OF JOINING YMHA. BE PART OF THE CHANGE!

**SO YOU THINK
YOU CAN DANCE?**

LOCATION : ASU 209

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

CELEBRATE FEMALE HIP HOP ARTISTS, DANCERS, AND ENTREPRENEURS! DIVE INTO HIP HOP'S CULTURAL ROOTS WHILE LEARNING ICONIC MOVES FROM MISSY ELLIOTT, MARY J. BLIGE, AND TLC. THIS FUN CLASS EMPHASIZES SELF-EXPRESSION AND CREATIVITY, WELCOMING ALL STYLES AND SKILL LEVELS. COME DANCE WITH US!

**GIRLS MAKE
BEATS**

LOCATION : CAFE

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

THIS EXHILARATING HANDS-ON EXPERIENCE LED BY AN EXPERT INSTRUCTOR FROM GIRLS MAKE BEATS! DIVE INTO THE WORLD OF MUSIC AND UNLEASH YOUR CREATIVITY AS YOU LEARN THE ART OF DJING. GET READY TO MIX, SCRATCH, AND SPIN YOUR WAY TO BECOMING A DJ FOR A DAY!

**MEAN GIRLS: THE COST
BEAUTY AND PRETTY
PRIVILEGE**

LOCATION : E3 321

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

EXPLORE THE IMPACT OF BEAUTY STANDARDS AND "PRETTY PRIVILEGE" ON SELF-ESTEEM AND RELATIONSHIPS. THROUGH ENGAGING DISCUSSIONS AND ACTIVITIES, WE'LL CHALLENGE SOCIETAL IDEALS AND REDEFINE BEAUTY ON OUR OWN TERMS. LET'S EMPOWER EACH OTHER TO EMBRACE AUTHENTICITY AND INSPIRE CHANGE IN HOW WE VIEW BEAUTY!

**STEP INTO YOUR
POWER**

LOCATION : E3 351

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

EMPOWERING YOUNG GIRLS TO BE UNAPOLOGETICALLY THEMSELVES! DISCOVER HOW TO RECONNECT WITH YOUR TRUE IDENTITY, BOOST YOUR CONFIDENCE, AND CELEBRATE YOUR INDIVIDUALITY. TOGETHER, WE'LL CULTIVATE A SUPPORTIVE SPACE WHERE YOU CAN EXPRESS YOURSELF FREELY AND EMBRACE WHO YOU ARE!

GIRLS IN GOLF

LOCATION : OUTSIDE QUAD AREA

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

JOIN THE LATINA GOLFERS ASSOCIATION (LGA) FOR AN EMPOWERING WORKSHOP DESIGNED TO TEACH WOMEN AND GIRLS HOW TO USE GOLF AS A VALUABLE BUSINESS TOOL AND A PATHWAY TO HIGHER EDUCATION. WE CREATE A SUPPORTIVE ENVIRONMENT THAT ELIMINATES INTIMIDATION, MAKING GOLF ACCESSIBLE FOR EVERYONE.

**DEAD SERIOUS: A
LIGHTHEARTED LOOK
AT FORENSIC
PATHOLOGY CAREERS!**

LOCATION : E3 325

SESSION TIME: 10:30 A.M. , 11:30 A.M., 12:30 P.M.

MEET THE DYNAMIC DR. ROBYN PARKS AND DIVE INTO THE CAPTIVATING WORLD OF MEDICOLEGAL DEATH INVESTIGATIONS AT THE LOS ANGELES COUNTY DEPARTMENT OF MEDICAL EXAMINER! DISCOVER THE VITAL WORK OF ONE OF THE LARGEST MEDICAL EXAMINER'S OFFICES IN THE COUNTRY AND EXPLORE EXCITING CAREER PATHS IN THIS UNIQUE FIELD. UNCOVER THE MYSTERIES OF FORENSIC SCIENCE AND FIND OUT HOW YOU CAN MAKE AN IMPACT IN THIS ESSENTIAL PROFESSION!