



# Starting Out



(for youth 15.5 to 20 years of age)  
Education & Support for Foster Youth and  
Former Foster Youth

## CURRENT CLASSES

### LEARN TO SEW!!!

If you've ever been interested in sewing then now is the time to learn!!!! The Childrens Cabinet is offering a **beginning sewing** class through **SEW-N-SUCH** sewing center. Space is limited and we must have 5 youth participate, so sign up early!!

**CALL Norma, Cynthia, or Curry to sign up!!**

**WHEN- Once we have 5 interested youth**

**WHERE- Sew-N-Such sewing center**

**COST- \$45 dollars-youth must ask Social Worker or Case Manager prior to signing up**



### SMART SHOPPER

This class offers youth the opportunity to become **SMART SHOPPERS!** Shopping on a budget is very important especially during the holiday season and members from our local food bank will be on hand to teach you the skills you need to be a **SMART SHOPPER!!!** *If you want to attend you must attend the entire series!!*

**WHEN- Jan 5th, 12th, 26th and Feb 2nd from 4-6pm**

**WHERE- The Children's Cabinet (Rock Office)**



Children's Cabinet Inc.  
2005 Silverada Blvd. Ste. 250  
Reno, NV 89512

**Things to remember:**

- MUST be registered to attend
- Sign up Early
- Youth must call Curry, Cynthia, or Norma to sign themselves up for classes
- Newsletter online soon at [childrenscabinet.org](http://childrenscabinet.org)

PLEASE CONTACT (775) 352-8090 ask for CURRY LYNCH, CYNTHIA CARSTAIRS or NORMA THOMAS FOR MORE INFORMATION, OR WITH ANY QUESTIONS

## The Children's Cabinet

2005 Silverada Blvd Ste 250  
Reno, NV 89512

Phone: 775-352-8090

Fax: 775-352-8098



## Q & A??????????????

This is a new piece to the newsletter thought up by the WAYCUP board in which youth may ask any questions they might have and Emma Byrd, Social Services Program Specialist, ILP will answer them! Youth will be completely anonymous. Send your questions to Norma, Cynthia, or Curry.

**Question-** *What are my rights as a foster youth when it comes to clothing and personal items?*

**Answer-** State law (NAC 424.585) says every kid in foster care should have his/her own clothes and personal stuff and a place to keep their stuff. Foster kids shouldn't have to share their clothes or personal stuff either. Their clothes need to be the right size and type, depending on where they live. They need to be kept clean and in good shape. This means that if a foster kid lives where it is really cold in the winter, they need to have a heavy coat but if they live where it is warmer in the winter, their coat doesn't have to be that heavy.

Foster kids should have their own tooth brush, comb, hair brush, towel, wash rag, and stuff like that. They should also have enough clothes for about a week. This is figured out to be at least 1 coat, 2 sweatshirts, 5 shirts, 4 pants, 8 panties or underwear.

The foster parents get money to buy these items and they have to turn in a list of what the foster kid brings with them when they first move into their home. They also have to turn in the sales receipt to the caseworker when they buy something new for the foster kid and add that to the inventory. They only get so much money per month to buy these things. If they can buy cheaper clothes then they could buy more clothes. If they pay more for something that they could have gotten cheaper, then that means they can't buy as many.

## Know your Rights!

***Muriel Skelly is a Family Law attorney and she will be available to answer any legal questions youths may have. Youth must submit questions to Norma, Cynthia, or Curry and once we receive enough questions we will pass them on to Muriel and she will research the answers and set a time to sit with us and explain your rights!! Please submit your questions ASAP!! You can drop them off at the Children's Cabinet, email them, or come to the WAYCUP meetings and submit them there....***



## W.A.Y.C.U.P

The youth board is currently working on getting out into the community and helping out this holiday season by assisting the local food banks!! Come be a part of this great board which meets the 1st and 3rd Thursday of each month at 5:30-6:30pm at the Children's Cabinet (Rock Office). Other projects include creating their own logo and working towards some fundraising ideas!!



**Final Note: We here at Children's Cabinet are always looking for more ways to get youth involved in the community. If anyone knows of any youth orientated community events or classes feel free to drop us a line. Thank you** ~~Norma Thomas- 352-8090 Ext 119/ nthomas@childrenscabinet.org~~

Curry Lynch-682-1308/clynch@childrenscabinet.org

Cynthia Carstairs- 682-1320/ccarstairs@childrenscabinet.org

# December at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 WAYCUP	5	6
7	8	9	10	11	12	13
14	15	16	17	18 WAYCUP	19	20
21	22	23	24	25 CHRISTMAS!!	26	27
28	29	30	31			

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# January at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WAYCUP	2	3
4	5 SMART SHOP-PER 4-6pm	6	7	8	9	10
11	12 SMART SHOP-PER 4-6pm	13	14	15 WAYCUP Baby Basics 6-8pm	16	17
18	19	20	21	22 Baby Basics 6-8pm	23	24
25	26 SMART SHOP-PER 4-6pm	27	28	29 Baby Basics 6-8pm	30	31

## **Baby Basics**



*Baby Basics is a 4-part series and is centered around your newborn to 2-year old. Specialists in the field will provide education on early development, basic care and feeding, safety, when to call the doctor and many other parenting topics. So clear your calendars for these great classes as they are not available very often!!!*

**When– Jan 15, 22, 29, and Feb 5**

**6-8 PM**

**Where– 999 Pyramid Way, Sparks**



**MARK YOUR  
CALENDARS!!!!**

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## **GET YOUR SCHOOL PAID FOR!!!!**

*Are you a Nevada resident? Do you want to attend the University? Do you want to get your tuition and books paid for?? If you answered yes to these questions then you need to apply for the Pack Advantage!! In order to apply you must be a full-time student, have filled out your FAFSA application between Jan 1st 2009 and Feb 1st 2009. When filling out your FAFSA you need to put UNR's school code in-00256800.*

*Get your FAFSA done early during your senior year of high school or before you plan on transferring to UNR!!*



*Planned Parenthood will be hosting a class in which youth can get very important information on everything from birth control, pregnancy, and things to consider before choosing to become sexually active*

*No date has been set for this class so if you are interested in attending please call Norma, Cynthia, or Curry to get more info!!!*