



Brown Bag Seminars for Youth

Looking for a program for your students or youth group?

Then hold a Brown Bag Seminar on a topic of interest to young people today! Brown Bag Seminars can inform, educate and even improve the lives of our youth. Your seminar can be tailored to fit your group: choose lunch time, before, during or immediately after school. Brown Bag Seminars are provided free by United Way in cooperation with area non-profit agencies. **Schedule your Seminar today!**

For more information on Brown Bag Seminars or to schedule a seminar, call 805-922-0329

Middle School/High School-Aged Topics	College-Aged Topics
<p>Off to College Checklist <i>Presented by</i> Learn how to make the transition from high school to college as smooth and painless as possible with insider tips about career planning tools, time management skills, and supplies and articles needed to survive the college dorms.</p> <p>Today's Youth, Tomorrows Leaders <i>Presented by Boy Scouts and/or Girl Scouts</i> This seminar will identify good leadership, volunteerism and philanthropy to increase awareness of community need among the younger population.</p> <p>Volunteerism... A Win-Win Opportunity! <i>Presented by United Way</i></p> <p>This seminar will address the needs in our community, the advantages of</p>	<p>"Infamous Freshman 15" <i>Presented by American Heart Association</i> Tidbits on avoiding the infamous "Freshman 15" your first year in college.</p> <p>Credit Cards... the Good, the Bad, and the Ugly <i>Presented by</i> Learn the dos and don'ts when dealing with credit cards to keep your credit score safe.</p> <p>Being on My Own for the First Time <i>Presented by</i> A self defense course to stay safe on campus</p> <p>Volunteerism... A Win-Win Opportunity! <i>Presented by United Way</i> This seminar will address the needs in our community, explain how volunteering promotes valuable work experience and can be mutually beneficial, and also explore different ways one can be involved while still in college.</p> <p>Survival of the Fittest <i>Presented by Goodwill</i> Learn how to prepare for a competitive job market with</p>

volunteering, and explore different ways one can volunteer while still in high school.

Teambuilding

Presented by Boy Scouts and/or Girl Scouts

This interactive presentation filled with team building activities will explore strategies on becoming a better team.

Young People Get Stressed Too

Presented by Catholic Social Services

Learn about stressors facing youth today, healthy ways to cope and maintain balance.

Nutrition 101

Presented by American Heart Association and Catholic Social Services

With so many fad exercise and diet programs out there, it's hard to know what really works and what doesn't. In this session, participants will learn what's healthy and what's not.

My Space??? It's Not Your Space Any More

Presented by Police Department

Learn about the dangers of posting personal info and self-incriminating photos on the web.

unique interviewing skills, fashion, resume polishing tips and much more.

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Universal Keys to Building Healthy and Long-Lasting Relationships

Presented by Women's Shelter

Keys to a healthy relationship can be for friends, family, couples, etc. Most importantly, we need to consider what is unhealthy in relationships.



www.nsbuw.com
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