



# Monthly Newsletter

March 2026



## INSIDE, WE ALSO TALK ABOUT:

Bite of Reality  
Workshop

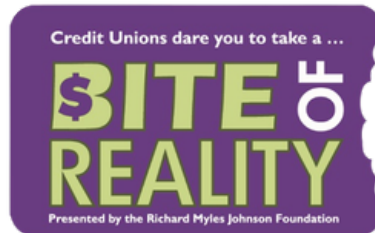
Parent Discussion  
Group

College & Career Fairs

Giving Corner  
Zeffy

Upcoming  
Events

Shasta Youth  
Leadership Camp



## Bite of Reality Workshop

Hosted by Youth Options Shasta  
and Member's 1<sup>st</sup> Credit Union

On March 2, students participated in the Bite of Reality Workshop held at Youth Options Shasta and facilitated by Member's 1<sup>st</sup> Credit Union.

Bite of Reality is an interactive, app-based simulation that engages teens while giving them a glimpse into real-world financial responsibilities. Participants are assigned a fictional profile that includes a career, salary, credit score, spouse and child, student loan debt, credit card debt, and medical insurance expenses. They then visit a series of stations to "purchase" essentials such as housing, transportation, food, clothing, and other everyday needs. A "credit union" station is also available to help participants manage their finances.

This hands-on experience helps teens learn how to make informed financial decisions while understanding the challenges of living within a budget. Along the way, they may encounter a persuasive salesperson, prompting them to balance their wants with their needs, which introduces unexpected expenses or financial windfalls—just like the surprises people face in real life.

# Parent Discussion Group

Hosted by Youth Options Shasta's new Case Manager - Sara Bartow, Certified Life Coach

On March 23, parents from across Shasta County came together at Youth Options Shasta for the first Parent Night. This event was designed to bring families together by offering communication and conflict-resolution tools, encouraging parents to repair and reconnect after challenges with their children. Through Peer Court, parents are required to attend at least one session of the monthly Parent Discussion Group, making this event an important opportunity for engagement and growth.

The program provided families with practical strategies to foster meaningful conversations and better support their children during a critical stage of development. The training focused on strengthening connection through active listening, helping parents understand the difference between open-ended and closed-ended questions and how each can shape more productive dialogue.

Participants also explored a variety of tools and strategies to recognize early signs of addiction and substance use. By identifying behavioral changes and emotional indicators, parents can approach sensitive conversations with empathy and express concern without placing blame.



Overall, Parent Night created a supportive space for families to learn, reflect, and grow together. By equipping parents with these essential skills, Youth Options Shasta is helping build stronger family relationships and empowering caregivers to guide their children with confidence and understanding.

# FOOTHILL HIGH SCHOOL COLLEGE & CAREER FAIR

On Friday, March 6, Youth Options Shasta and YAC Advocate Leadership Interns participated in the annual Foothill High School College & Career Fair in Palo Cedro, CA. The event drew significant interest from students who wanted to learn more about getting involved in our Peer Court and other volunteer programs. Our interns did an excellent job engaging with their peers, sharing their personal experiences, and highlighting the impact of youth-led initiatives.



# WEST VALLEY HIGH SCHOOL CAREER FAIR

Youth Options Shasta (YOS) was proud to participate in Career Day at West Valley High School on March 12th. Our Peer Advocates from the Youth Action Council led our outreach efforts—engaging with students, sharing information about youth leadership opportunities, and representing YOS with professionalism and purpose. This event highlighted the power of youth voice and leadership. We are continually inspired by the way our young leaders step up to connect with their peers and encourage community involvement.



# Giving Corner

# SCAN ME



To help amplify the mission, scan the QR code above to Donate to Youth Options Shasta through Zeffy. You may also provide a tip to Zeffy for offering their service!

## LOOKING AHEAD:

### April 2026:

- Wed, Apr 1<sup>st</sup> - **Case Conferencing Training** | 4:30p-6:00p | at YOS
- Thurs, Apr 2<sup>nd</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Apr 13<sup>th</sup> - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Apr 14<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Apr 15<sup>th</sup> - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Apr 16<sup>th</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Apr 20<sup>th</sup> - **Safety First** | 4:30p-6:30p | at YOS
- Mon, Apr 20<sup>th</sup> - **Parent Group** | 5:00p-7:00p | at YOS
- Tues, Apr 21<sup>st</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Apr 22<sup>nd</sup> - **Peer Court** | 5:30p-7:30p
- Thurs, Apr 23<sup>rd</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Apr 27<sup>th</sup> - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Apr 28<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Apr 29<sup>th</sup> - **Safety Fair** | 4:30p-6:00p | at Sequoia Middle School
- Thurs, Apr 30<sup>th</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS

### Upcoming Events: (see flyer attached)

- **Shasta Youth Leadership Camp**  
July 15-18, 2026 | at Simpson University Campus
- **SYLC Counselor Interviews:**  
On April 15th at EHS
- **SYLC Camper Applications:**  
Opened on March 1st  
(current grades 5-8)

#### Fee schedule

Pay by April 1 = \$225

Pay by May 1 = \$245

Pay by June 1 = \$275

*We are so thankful for our youth participants, families, school partners, community collaborators, and supporters.*

*Your trust and partnership allow this work to continue.*

*Here's to a strong, grounded, and hopeful second half of the school year.*



## Connect with us online!



[youthoptionsshasta.org](http://youthoptionsshasta.org)



[info@yoshasta.org](mailto:info@yoshasta.org)



[facebook.com/youthoptionsshasta](https://facebook.com/youthoptionsshasta)



[instagram.com/youthoptionsshasta](https://instagram.com/youthoptionsshasta)



# 2026 SHASTA YOUTH LEADERSHIP CAMP




July 15-18, 2026


Simpson University Campus

Follow us online and stay tuned for additional camp information for #2026SYLC!

- Counselor Applications will be open online in March (current grade 10-age 21)
- Camper Apps will open online in March (current grades 5-8)

Check us out:

 [www.shastayouthleadershipcamp.com](http://www.shastayouthleadershipcamp.com)

 [facebook.com/shastayouthleadershipcamp/](https://facebook.com/shastayouthleadershipcamp/)

