



**BLACK CHILD
DEVELOPMENT
INSTITUTE**
Sacramento

DETERMINED, INTELLIGENT, VALUED AFRICAN AMERICAN YOUNG LADY 2009 D.I.V.A CONFERENCE

Calling all young ladies ages 12-18, it's time for the 17th Annual 2009 D.I.V.A. Conference!

All teen girls are welcome

Come prepared to be motivated, encouraged and informed on topics important to you and your future.
Please complete the registration form below and invite your parents to attend our parent workshops.

"It's Time for Change"

WHEN: FRIDAY, NOVEMBER 20, 2009 (6:00 p.m. – 8:30 p.m.) &
SATURDAY, NOVEMBER 21, 2009 (7:30 a.m. – 3:30 p.m.)

WHERE: COSUMNES RIVER COLLEGE (THEATER ARTS BUILDING)
8401 CENTER PARKWAY, SACRAMENTO, CA

COST: Pre-Registration \$20 per person before 11/6/09 (Includes continental breakfast and lunch)
Registration \$25 per person after 11/6/09 (Includes continental breakfast and lunch)

Please contact Barbara Curry at 916-344-4453 or Jo Watts at 916- 646-1763 for information

This is not a program of the San Juan USD and San Juan accepts no liability or responsibility

REGISTRATION

Name: _____ Age: _____

Address: _____
(Street Number and Name) (City and Zip code)

Phone: _____ Email: _____

School: _____ Grade: _____

(Pre-registrants get first choice of workshops. Workshop descriptions are on the back of this form)

Please choose 2 workshops & 1 alternate (If your 1st choice is full):

- 1ST Workshop _____ 2ND Workshop _____ Alternate: _____

Parent/s _____ will attend Parent Workshop: () YES () NO
(Name/s)

PLEASE MAIL THIS COMPLETED REGISTRATION FORM & PAYMENT BY NOVEMBER 6, 2009 TO:

BCDI, P.O. BOX 661924, SACRAMENTO, CA 95866

MUST REGISTER ON SITE AFTER 11/6/09

(Please make checks payable to BCDI, Sacramento Affiliate)

BCDI is a 501(c)(3) non profit organization

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2009 DIVA CONFERENCE WORKSHOPS

Workshop Titles	Summary
1. Get That J.O.B.	<ul style="list-style-type: none"> • Career brainstorming for future jobs, i.e. green energy, engineering, nursing, etc. • Interview etiquette (what to wear, punctuality, personality, hand shake) • Job skills (problem solving, supervisors, drug testing)
2. You are Beautifully and Wonderfully Made	<ul style="list-style-type: none"> • Confidence booster (creating better self esteem) • Media vs. your body • Other perceptions of you • School and self esteem
3. Making Relationships Last	<ul style="list-style-type: none"> • Unhealthy vs. healthy (role playing standards) • Communication (friends, parents, personal)
4. Gain More Knowledge, Go to College	<ul style="list-style-type: none"> • Requirements • Resources • Degrees • HBCU's
5. Bridging the Generation Gap	<ul style="list-style-type: none"> • Our history • Past, present & future • Portrayal in the media/entertainment world
6. Look Before You Leap Ages 12-14	<ul style="list-style-type: none"> • Bad behavior • Rumors • Reputation • Long term effects • Self respect (freak dancing)
7. Not Giving into Peer Pressure..... ...PRICELESS Ages 15 & older	<ul style="list-style-type: none"> • Stealing...5-10 years • Sex...9 months + 18 years • Drugs...7-25 years • Peer pressure • Choices and your future
7. Health & Wellness	<ul style="list-style-type: none"> • Developing good habits • Balanced diet and nutrition • Recycling, community involvement
8. Get That Money \$\$\$	<ul style="list-style-type: none"> • Financial Planning & Budgeting • How to make your money work for you • Debt and Credit

Parent workshops will be held at the same time as the above workshops

For the male teens:

The [Zeta Beta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.](#), in partnership with Cosumnes River College, and the Greater Sacramento March of Dimes presents the "Alpha Academy". Taking place every 3rd Saturday through June, 2010, from 10 am to 2 pm at Cosumnes River College. The Academy is a 4-hour workshop, held one Saturday a month that brings adult **male** professionals together with **male** high school and middle school students (12 through 18 years of age) to discuss decision making skills, motivation, and a variety of other issues covering academic performance. For info call (916) 691-7636.