



## PRESS RELEASE

City of Los Alamitos  
Contact: Recreation and Community Services  
(562) 430 – 1073  
*Released 5/7/24*

### **Southland Credit Union Elevate Teen Expo**

*Los Alamitos, CA* – The City of Los Alamitos Recreation & Community Services Department hosted the third annual Southland Credit Union Elevate Teen Expo event on Saturday, April 20, 2024. The event was held at the Los Alamitos Community Center II (10909 Oak St) and was open to local middle and high school students from 8:00 a.m. to 3:00 p.m. The expo was designed to provide teens with valuable knowledge, resources, and experience to help them successfully navigate their personal and professional lives. The expo was expertly curated by Recreation Coordinator Samantha Kenny with the assistance of Senior Recreation Leader Mackenzie Dunlop.

The day began with breakfast, during which attendees could socialize before the big day ahead. Kicking off the event was keynote speaker Chris French, who delivered a compelling presentation on behalf of Southland Credit Union, discussing the importance of celebrating individuality, being kind to self and others, and heading into the day with open hearts and minds. This was followed by a series of engaging breakout sessions focused on personal discovery, self-confidence, and safety.

Educational resources were provided on behalf of the following organizations.

- Casa Youth Shelter
- Orange County Fire Authority
- Orange County HealthCare Agency
- Summer Harvest Food for Kids
- The Youth Center
- Tilly's Life Center
- City of Los Alamitos Recreation & Community Services Department

Lunch was also provided, offering a chance to break up the day, unwind, and meet new friends. The event concluded with special interests, adulting 101, and a final presentation. Southland Credit Union showcased its “Bite of Reality” mobile application. This demonstration was facilitated by Tamra Smalewitz and provided a fun, safe, and interactive way to handle real-world financial situations.



## Schedule:

**8:00AM-8:35AM**  
Check-In / Breakfast/ Welcome

**8:40AM-9:10AM**  
Keynote Speaker I: Tilly's Life Center

**9:30AM-10:10AM**  
Personal Discovery

**10:15AM-10:55AM**  
Self-Confidence, Worth, Care

**11:00AM-11:40AM**  
Safety

**11:45AM-12:15PM LUNCH**

**12:15PM-12:55PM**  
Special Interests

**1:00PM-2:00PM**  
Adulting 101

**2:05PM-3:20PM**  
Keynote Speaker II: Southland Credit Union

**3:25PM-3:30PM**  
Close-Out/ Photo/ Goodie Bag

**✂ I am a participant, how do I know what sessions to attend?**  
With the exception of the special interests session, you can pick your very own sessions to attend! Make sure to look at each title to see how many to pick. Each room has a seat maximum. If the session is full, you must find another session to attend. Recreation staff will assist you throughout the facility. To see what special interest session you are in, check your name tag!

**Personal Discovery** ✂ Participants: You may pick (1) session to attend.

Establishing Healthy Boundaries ————— Small Activity Room (Casa Youth Shelter)  
Goal Setting ————— Medium Activity Room (Tilly's Life Center)  
Your Leadership Style: True Colors Personality Test ————— Craft Room (Casa Youth Shelter)

**Self-Confidence, Worth, Care** ✂ Participants: You may pick (1) session to attend.

Self-Discovery / Self-Awareness / Be True to Yourself ————— Small Activity Room (Casa Youth Shelter)  
Communication ————— Medium Activity Room (Tilly's Life Center)  
Stress Management & Mindfulness ————— Craft Room (Casa Youth Shelter)

**Safety** ✂ Participants: You may pick (1) session to attend.

Teamwork, Leadership, Refusal ————— Small Activity Room (Orange County Health Dept.)  
TUPP (Vaping) ————— Medium Activity Room (Orange County Health Dept.)  
Self-Care & Emotional Health ————— Craft Room (Los Al Rec)

**Special Interests** ✂ Participants: Check your name tag for pre-assigned session.

Vision Board ————— Small Activity Room (Los Al Rec)  
Digital Photo/ Graphic Design/ Video Editing ————— Medium Activity Room (Los Al Rec)  
Succulent Arrangements ————— Craft Room (Los Al Rec)  
Fitness ————— Oak Gym (Los Al Rec)

**Adulting 101** ✂ Participants: You may pick (3) sessions to attend.  
You will rotate sessions every 18 minutes.

Basic First Aid ————— Courtyard (The Youth Center)	Creating Healthy Habits ————— Courtyard (Los Al Rec)
Conflict Resolution ————— Courtyard (The Youth Center)	Engaging with Law Enforcement ————— Courtyard (LAPD)
Emotions ————— Courtyard (Tilly's Life Center)	Success in your Career ————— Courtyard (OC Fire Authority)
Inclusion & Equity ————— Courtyard (Tilly's Life Center)	Life Skills ————— Courtyard (OC Fire Authority)

The Expo was successful thanks to the title sponsor, Southland Credit Union. Their contributions helped make this impactful event possible. The conference received a total of 33 registrations. Attendees enjoyed a variety of activities throughout the event, highlights included pickleball, tote bag decorating, mystery grab bags, vision board sessions, and the opportunity to make new friends.

Southland Credit Union Elevate Teen Expo is set to return next year for its fourth iteration, aiming to provide a range of fun and exciting experiences once again for middle school and high school teens. For more information about upcoming events and programs, please visit [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation) or contact the Recreation and Community Services Department at (562) 430-1073.

###



CITY OF  
**Los Alamitos**  
*California*

3191 Katella Avenue  
Los Alamitos, CA 90720-5600  
Telephone: (562) 431-3538  
FAX: (562) 493-1255  
[www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)





CITY OF  
**Los Alamitos**  
*California*

3191 Katella Avenue  
Los Alamitos, CA 90720-5600  
Telephone: (562) 431-3538  
FAX: (562) 493-1255  
[www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)

