



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 4/21/25

Elevate Teen Expo

Los Alamitos, CA – The City of Los Alamitos Recreation & Community Services Department hosted the fourth annual Elevate Teen Expo event on Saturday, April 12, 2025. The event was held at the Los Alamitos Community Center (10911 Oak St) from 8 a.m. to 3 p.m. This personal development conference invited local middle and high school students to explore various learning topics through breakout sessions designed to help navigate the trials and tribulations of life. The main topics included personal discovery, self-confidence, safety, special interests, and Adulting 101. This event successfully came to life through the partnership of many local supporting organizations, led by the City of Los Alamitos team members Recreation Coordinator Samantha Kenny and Senior Recreation Leader Jazzmyn Loe.

The day began with a light breakfast, during which attendees could socialize before the big day ahead. Kicking off the event was keynote speaker Beth Lavelle from Tilly's Life Center, a non-profit organization focused on inspiring youth to reach their full potential as productive, kind, happy, and responsible individuals. This was followed by a series of engaging breakout sessions focused on personal discovery, self-confidence, and safety.

Educational sessions were presented by the following organizations:

- Casa Youth Shelter
- Orange County Fire Authority
- Orange County HealthCare Agency
- The Youth Center
- Tilly's Life Center
- The B.O.L.O. Project
- City of Los Alamitos Police Department
- City of Los Alamitos Recreation & Community Services Department

Chick-fil-A was on the menu for lunch, offering a chance to break up the day, unwind, and socialize with new friends. The event concluded with special interests, adulting 101, and a final keynote speaker. Tamara Smalewitz from Southland Credit Union took the



stage to showcase their “Bite of Reality” mobile application. The demonstration 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: City's Life Center

9:30AM-10:10AM
Personal Discovery

10:15AM-10:55AM
Self-Confidence

11:00AM-11:40AM
Safety

11:45AM-12:15PM LUNCH

12:15PM-12:55PM
Special Interests

1:00PM-2:00PM
Adulting 101

2:00PM-2:50PM
Keynote Speaker II: Southland Credit Union

2:50PM-3:00PM
Close-Out / Goodie Bag

*** I am a participant, how do I know what sessions to attend?**
You have the flexibility to select your own sessions to attend! Be sure to look at each title to see how many to pick. Each room has a seat maximum. If a session is full, you will need to choose an alternative session. Recreation staff will assist you throughout the facility.

Personal Discovery

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

Self Discovery Through Creative Coping	Medium Room (1) (Casa Youth Shelter)
Healthy Boundaries	Medium Room (2) (Casa Youth Shelter)
Who Am I?	Small Room (Tilly's Life Center)

Self-Confidence

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

Meet Your Authentic Self	Medium Room (1) (Casa Youth Shelter)
The Confidence Code	Medium Room (2) (Casa Youth Shelter)
I Am Forgiving	Small Room (Tilly's Life Center)

Safety

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

Life > Drugs	Medium Room (1) (OC Health Dept.)
Cops & Kids	Small Room (Los Alamitos Police Dept.)

Special Interests

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

Vision Board	Small Room (Los Al Rec)
Pickleball	Courts (Los Al Rec)
Extreme Art	Courtyard (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)	I Am Peaceful	Courtyard (Tilly's Life Center)
Mindful Painting by Numbers	Courtyard (The Youth Center)	Fetch Your Dreams	Courtyard (The B.O.L.O Project)
Self Image Journaling	Courtyard (The Youth Center)	The Science Behind Creating Extraordinary Results in Your Life	
Success in Your Career	Courtyard (OC Fire Authority)		

The conference attracted 30 teens who experienced a variety of activities throughout the event. Highlights included positive journaling, goodie bags, vision board sessions, and opportunities to make new friends. The Elevate Teen Expo is set to return next year, aiming once again to provide a range of fun and exciting experiences for middle school and high school students. For more information about upcoming events and programs, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430-1073.

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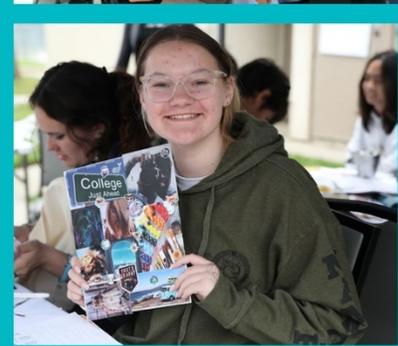
Los Alamitos
Recreation & Community Services
Creating Quality of Life



April 12, 2025

Los Alamitos Community Center
8:00am - 3:00pm

A personal development
conference for teens in middle
school and high school.





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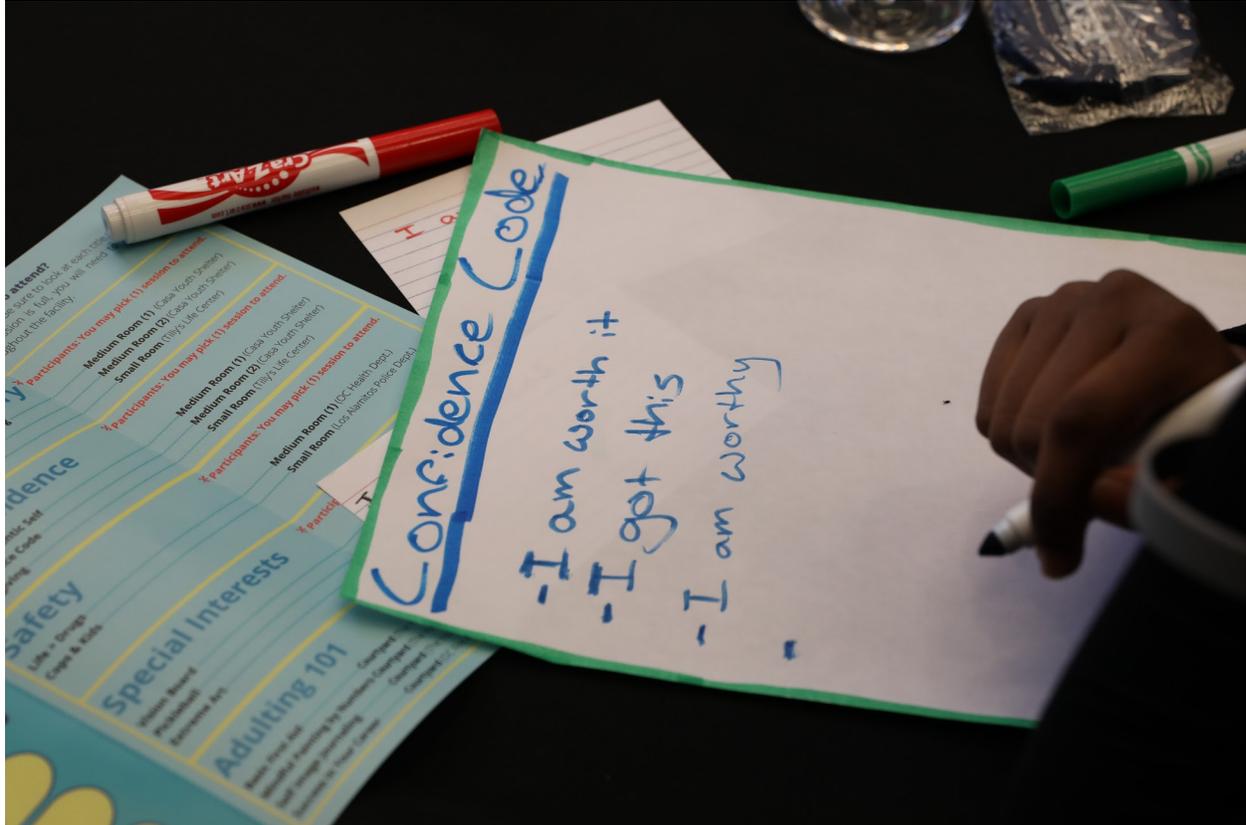
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