



## CREATIVE LIFE MAPPING

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**allcove Beach Cities** is a place for young people to take a moment of pause and access a range of services, including mental health, physical health, substance use, peer support and supported education and employment. Creative Life Mapping is pleased to provide a variety of life coaching sessions and workshops for young people at allcove Beach Cities to support career and college planning, wellness and skill development. allcove Beach Cities is located at 514 N. Prospect Ave., 4<sup>th</sup> floor, Redondo Beach, CA 90277. Call: (310) 374-5706, email: [allcovebeachcities@bchd.org](mailto:allcovebeachcities@bchd.org) or visit [allcove.org/beach-cities](http://allcove.org/beach-cities) for more information.

**Creative Life Mapping** provides a holistic approach to career and education planning for youth and adults at all ages and stages of life. Individuals are guided through a step-wise process that begins with self-exploration and leads to the development of career, education and life plans. A combination of presentations, experiential activities and skill building sessions provide engaging opportunities to develop inspired action plans. Creative Life Mapping considers all of the aspects of a person's life, including purpose, a healthy identity, physical and mental health needs, motivation, happiness and

Time	Activity	Career, College and Wellness Events & Workshops
Saturday Jan. 21 2-5:30 pm	<b>covefest Creative Art Mapping Activity</b>	Join Creative Life Mapping for a fun <b>Creative Art Mapping Activity</b> . You can select an area of life, such as personal growth, leisure, health, school, social life, relationships and purpose to develop an art map that visualizes your goals and next steps.
Thursday, June 1 4-6 pm	<b>Finding Student Enrichment Opportunities</b>	Come and join us for a workshop to explore possibilities that will enrich your career, education and personal life. Learn about inspired career pathways and how to research career, volunteer, and educational opportunities.

Time	Activity	Career, College and Wellness Game Nights
Thursday, Feb. 23 4-6 pm	<b>Game Night: The Who You Are Matters Game</b>	Please join us to play <b>The Who You Are Matters Game</b> . This is a fun way to explore personal qualities that lead to action planning. By engaging in conversations about your career and life, you build a deeper understanding about yourself and others. The game uses the power of storytelling and listening.
Thursday, March 23 4-6 pm	<b>Game Night: Inspired Careers with Challenge Cards</b>	<b>Inspired Careers with Challenge Cards</b> is a game that helps you broaden your horizons, gain clarity and build confidence by discovering exciting new career possibilities. By exploring challenges in the world, people begin to think about the value they can bring and make a difference.
Thursday, April 20 4-6 pm	<b>Game Night: Vista Life Career Card Game</b>	The <b>Vista Life/Career Card Game</b> provides a simple way for you to clarify your values, interests, skills and traits. After sorting four sets of colorful cards, you are able to build a personal profile, define your "Holland Code", and link this to possible careers and college majors.
Thursday, May 18 4-6 pm	<b>Game Night: Finding Your Purpose with Calling Cards</b>	Join us to play the <b>Calling Cards Game</b> . Finding purpose creates motivation and engagement at school, work and in your personal life. By sorting <b>Calling Cards</b> , you are able to develop a personal mission statement that is useful when you apply for jobs, academic programs and present yourself professionally.

Time	Activity	Career, College & Wellness Coaching
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Thursdays from  
4-6 pm:  
January 26  
February 2  
March 2  
March 30  
April 27  
May 25

**Career, College and  
Wellness Coaching**  
with  
Eugenie Lewis, LCSW  
Global Career  
Development  
Facilitator

Come as you are for Creative Life Mapping **Career, College and Wellness Coaching Sessions!** You are able to drop-in, make appointments, meet individually or in groups. Together we identify your personal qualities and create a plan for inspired action. Services provide an opportunity to reflect, expand knowledge about yourself, and learn about a variety of career pathways. Engaging activities focus on self-discovery, mindfulness, stress reduction, resilience and optimism.

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