

welcome to
LAUNCHPAD



AN EIGHT-SESSION PROGRAM FOR HIGH SCHOOL SENIORS

The transition from high school to college can be an amazing adventure, filled with great excitement, new challenges and some uncharted waters. Students have found that the changing social and emotional landscape can be wonderful, but at times, a bit overwhelming.

The Launchpad program provides a unique place for high school seniors to pause and reflect about their personal values, goals and priorities, and learn to have healthy relationships. With this foundation, they are empowered to make smart decisions and develop a strong sense of self.

In the upcoming 2022-23 academic year, we are offering separate Launchpad courses for female-identifying and male-identifying seniors.



**LAUNCHPAD
ADVISORY
COMMITTEE
2022-23**

Jessica Berg
Jen Cavanaugh
Lauren Dutton
Sarah Handelsman
Kimery Leong
Donna Friedman Meir



*"I did LAUNCHPAD
in my senior year.*

*I learned a lot
about what I valued
most, and how to
apply my values
in difficult college
situations.*

*I also made new
friendships and
was able to have
meaningful conversations
about important
subjects. It really
helped me prepare
for college, mentally
and emotionally."*

*~ LISA
PHS Class of 2016*

LAUNCHPAD'S HISTORY

Crafting a toolkit for our children

In 2015, a few parents of Piedmont High School seniors saw an opportunity to supplement their daughters' academic education with social-emotional learning to help prepare them for the next chapter in their lives.

LAUNCHPAD'S first class in 2015-16 met once a month to hear from speakers and participate in interactive sessions, discussing their thoughts, experiences and perspectives in a nurturing, small-group environment.

LAUNCHPAD started with 20 participants in 2015 and grew to 60 participants by 2019, including a male-identifying group.

LAUNCHPAD'S upcoming 2022-23 class will include eight sessions that meet monthly during the school year. Meetings are held in a safe, non-judgmental, and confidential setting.

**We are planning for classes to meet in person but will pivot to virtual if it is deemed necessary.*

The Following List Provides an Overview of Topics That Might Be Covered:

- Senior Year Launch!
Surviving and Thriving in Your Senior Year
- Wellness, Mental Health,
Stress Reduction, Mindfulness
- Awareness, Personal/Campus Safety
- Sex, Relationships, and College
- Financial Literacy
- College Student Panel
- Decide: Making Life's Tough Choices
- Advocate for Yourself
- Self Care at College: What Your Body
Needs to Thrive!

The following is a sample of speakers associated with LAUNCHPAD. The speaker list for 2022-23 will be announced in July. LAUNCHPAD'S vetted speaker list offers best-in-class experts from across the Bay Area.

SPEAKERS



ASHANTI BRANCH

Ashanti Branch was raised by a single mother on welfare in Oakland, took the road less traveled and attended one of California's premier engineering colleges, California Polytechnic. Ashanti studied Civil Engineering and worked as a construction project manager in his first career. After tutoring struggling students and realizing his true passion was teaching, Ashanti changed careers. In 2004, as a first-year teacher, Ashanti started The Ever Forward Club to provide a support group for African American and Latino males who were not achieving to the level of their potential. The Ever Forward Club has helped 100% of its members graduate high school and 93% of them have gone on to attend college. With over 19 years mentoring youth and 10 of those years as a math teacher educating inner city youth, Ashanti was awarded with a Fulbright Exchange Fellowship to India, a Rotary Club Cultural Ambassadorial Fellowship to Mexico and a 2010 Teacher of the Year Award from the Alameda-Contra Costa County Math Educators. Mr. Branch is on a mission to change the way that students interact with their education and the way schools interact with students.



MARIA CARSON BREBER

Maria Carson Breber developed her proprietary decision-making method based on 25 years of experience and research. Her multi-disciplinary approach (based on a mix of social science, psychology, and analytics) was informed by her time at the Harvard Graduate School of Education and Harvard Medical School, where she studied how individuals and organizations learn and change. Maria's research included decision-making, particularly the complexities of making decisions when priorities are in conflict. These experiences inspired Maria to start DECIDE FOR YOURSELF and bring her decision-making method to people and businesses everywhere. For the past few years, Maria has taught her approach to Launchad students in the spring as they are weighing their options.



CHARIS DENISON

Charis Denison is a Youth Advocate and expert in Human Development, Ethics, and Social Justice & Community Involvement. Her experience primarily partnering with schools and non-profits for the past 23 years. She has received national recognition for her work in several of these fields. Charis has been on the faculty of the Urban School of San Francisco, Branson School, and Marin Academy in San Rafael. Charis currently runs Prajna Consulting, partnering with schools, teens, families, organizations, and communities around the issues of Human Development, Social Justice, and Ethics. Her work as a youth advocate emphasizes empowering young people to make choices that end in honor and joy rather than guilt, shame or regret.

SPEAKERS



ANNIE EGAN

Annie Egan has spent more than 18 years working with teens and their families in independent schools as a Director of Student Support, School Counselor, College Counselor, Admissions committee member, and private coach. Through her breadth of experience, she recognizes the impact of surroundings (family, friends, educational landscape, workplace) on an individual's mental health and the interplay between them. Rooted in a deep foundational knowledge of adolescent development and with a lens of compassion, her work focuses on creating effective systems, enhancing communication, and honing decision making skills. Annie received her BA from Duke University and her Masters in Counseling Psychology from University of San Francisco. See her website www.worth-wellness.com. In Launchpad, Annie facilitates heart-warming conversations with participants as they identify some developmental norms, reflect on how they might impact relationships, and helps teens strategically create a plan for the upcoming transition.



MARGARET HILLER

Margaret Hiller, CFP, CPC is an investment advisor and retirement plan consultant with The Advisory Group of San Francisco. With over 25 years of experience, she consults with institutional and individual clients regarding an array of complex financial planning and retirement plan design issues. She is a Certified Financial Planner™ professional and Certified Pension Consultant. A graduate of Piedmont High School herself, Margaret is passionate about helping young adults meet their long-term financial goals. Through Launchpad, Margaret helps teens to develop tools and habits to become financially responsible.



JENNIFER ALDERMAN

Jen Alderman, after graduating from Mount Holyoke College, began her career in Washington, DC doing health policy and advocacy work. She moved to San Francisco in 1997 to work at Genentech providing public affairs and policy expertise in oncology clinical research. After being a stay-at-home parent for several years, she went back to school to become a family nurse practitioner. She has provided care in a variety of settings including Planned Parenthood and other community-based clinics. She now works at the Native American Health Center and school-based clinics in Oakland and Alameda. Through Launchpad, Jennifer offers teens an opportunity to ask an expert any question about birth control, sex, STD's, reproductive health, confidentiality, etc. No judgment, just facts, plus some recommendations on how to find resources and support for yourself and for your friends.

SPEAKERS



ANDRÉ SALVAGE

André Salvage is a motivational speaker, and teacher who specializes in teaching the skills of communication, personal development, safety, and living according to your True Nature. Since 1979, André has helped thousands of organizations and individuals all over the United States with business lectures, professional development workshops, school workshops, self-defense classes, live performances, and Kung Fu San Soo training. Born in a crime-ridden neighborhood of South Central Los Angeles, André successfully moved beyond becoming a product of his environment. He combined the practical knowledge and survival savvy of a former street fighter with the deep understanding and wisdom of a compassionate teacher. Today, André Salvage and Associates is a nationally acclaimed company training people in de-escalation, assertiveness, conflict resolution, self-worth, bias and diversity awareness, and stress reduction.



NATASHA SINGH

Natasha Singh has worked in education for over two decades and taught at Rutgers University, Collegiate School for Boys, and the Branson School before embarking on the kind of teaching she felt students really needed: the kind that can foster healthy relationships and sexual ethics. Natasha serves as Executive Director at Asha Rising, which provides sex trafficking survivors in India with safe housing and co-chairs the Center for Domestic Peace, an organization dedicated to ending domestic violence in Marin and beyond. Natasha is known in Piedmont for the Healthy Relationship Workshops that she runs through the Rec Department and partners with the Piedmont Unified School District to enhance consent curriculum. She speaks widely on health relationships, media and porn culture, sex trafficking, and gender-based violence prevention. She has written for The New York Times, South Asia Review, Threepenny Review, Crab Orchard Review, and feminist anthologies.

**LAUNCHPAD
2022-23**

Likely Dates:

August 14

September 11

October 16

January 22

February 12

March 19

April 23

May 21

*Sessions will be held
in the late afternoons*



REGISTRATION



The eight-session Launchpad program costs \$275 per student.

To Register:

Complete the registration form @ <https://forms.gle/wJuoeCN3zJAKB7fF7>

Payment options:

- 1) Venmo: "@Kimery" (Please note it's for "Launchpad")
- 2) Check mailed to:

Launchpad
c/o Kimery Leong
121 Arbor Drive
Piedmont, CA 94610

*Registration guaranteed for the
first 25 students who sign up and
pay for each group; a waitlist
will be offered after that time.*

If you need a partial or full scholarship, please send a confidential email to Kimery at kimeryL@gmail.com

Have more questions? Contact us at Launchpad4seniors2023@gmail.com