

# OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

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## OFFICE UPDATES

Last year, we moved into our new San Francisco building at 98 Bosworth Street! We've made a lot of progress and the building is really starting to come together. More recently, we've moved into our second office building in Oakland. A few of our staff have started working in the office, and we're currently having construction done on the outside. A special thanks to GAP, AirBnB, the Sheryl Sandberg Foundation, & the Dave Goldberg Foundation for donating furniture! Without them, we wouldn't be able to create a warm and welcoming space for clients and staff. We're excited to see the evolution and transformation of this building, especially for our OTTP staff that come from the East Bay!



## YOUTH EMPOWERMENT FUNDRAISER

You are invited to OTTP-SF's 5th annual Youth Empowerment Fundraiser! The event will take place on Thursday, April 13th at 5:30pm, at The Fourth Bore Tap Room & Grill in Orinda. Tickets are 35 dollars. The evening will include appetizers, drinks, live entertainment, and an exciting online and live auction. Your support will help to provide mental health therapy and human services to Bay Area children and youth who have experienced severe trauma. **[Click here to register for the event](#)**, and stay tuned to learn more about our wonderful auction items. Can't attend the event? You can still support us at: <http://www.ottp-sf.org/donate>, or participate in our online auction, which opens on April 3rd and closes on April 13th at 8:30pm. We can't wait to see you there!



## STUDENTS AT LOS PERALES HOLD A BAKE SALE FOR OTTP-SF

The students in RAD Club at Los Perales Elementary School in Moraga, held a bake sale on March 1st to raise money for OTTP-SF! RAD Club stands for: Respect All Differences Club. In this club, students learn about and celebrate the different cultures and identities at Los Perales. The students, staff, and teachers baked chocolate chip cookies, lemon bars, brownies, cookies, and other goods for the bake sale. Students brought \$1 to purchase a baked good, and money donations were accepted as well. The total amount raised was \$365! Thank you RAD Club!

# HILLTOP STUDENTS CREATE FLEECE KNOT BLANKETS

An OTTP-SF Vocational Specialist (OTR/L) worked with students at Hilltop High School to create fleece knot blankets for their children. The students each set up their own work areas throughout the atrium. They had asked for this activity a couple times and were really excited to learn how to make a blanket for their children. During the activity, the Specialist and the students focused on social skills, including forming friendships with peers, community building, and sharing/collaborating, as some supplies needed to be shared among 3-4 students. Other skills included self-care and stress management. Since the students are or will soon be young mothers, it was important to provide these new experiences and activities to allow them to be present and learn new

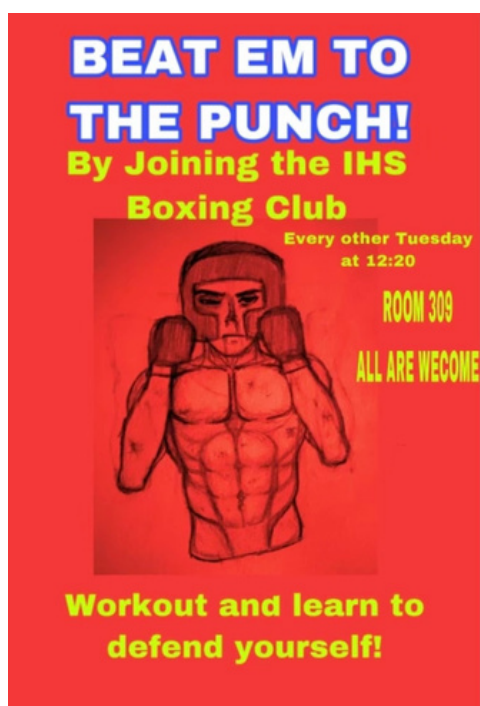
things they can later use in their lives or with their young ones.

The challenges the students had with this activity revolved around the tedious nature of tying all the fleece knots around the blanket. The pregnant students required breaks, changing positions frequently, cutting larger strips so that there were less knots to tie, and allowing for extra time to complete the blanket either at home or during another group, as they were provided with step-by-step directions in a handout.



During the activity, one student shared growing up with a favorite blanket that her grandmother made for her when she was a baby. The student did not bring it with her upon moving to the United States, however, she was really excited to be able to make a blanket for her baby and continue with this tradition.

While reflecting on the activity, the Specialist realized the beauty of making/creating something for someone we love. The students took so much care and time in making these fleece blankets for their children, from carefully selecting the designs of the fabric to ensuring every knot around the blanket was tied correctly. The activity also prompted so many conversations around motherhood, traditions, and excitement to share their new skill with loved ones.



## STUDENTS AT INDEPENDENCE HIGH DESIGN & LEAD LUNCH CLUBS

OT's at Independence High supported students to design and lead their own lunch clubs. Students could earn up to \$250 sharing their interests with others, all while developing job skills such as time management, assertive communication, and organization.

OTTP receives a grant from ExCel After School Programs through SFUSD to support a student leadership program at

Independence High School. Each semester, students are invited to apply to be a paid student leader and build valuable job skills in the process. Students apply online and interview; selected leaders collaborate regularly with an OT to plan and prepare activities for their club. Some of the clubs offered this year have included Boxing, Cooking, Art, Crafts, Social Club, Crochet, Video Games, Basketball, Nail Art, Chess, and World Culture.

Online students have offered Poetry, Debate, and clubhouse online. OTs support both student leaders and club participants to develop social skills and communication skills, build community relationships, and have fun with their peers. This program enables youth to be paid while developing valuable job skills in a familiar environment while creating community with peers.

# DISCOUNT CODE FROM SPORTS BASEMENT



**OTTP-SF**  
Occupational Therapy Training Program

**OTTP-SF,**  
You're invited to a special shopping event!  
Head to Sports Basement for:

**20% off for Basementeers\***

**\*Non-Basementeers still get 11% off**  
[Basementeers](#) stack their discount for 20% off.  
Limited time only. Exclusions apply.

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Can't join us in-store? Shop online with code: **2050010293075**  
Valid from 04/15-04/23/23. **Not valid on trips, rentals, services or bikes.**  
See website for [exclusions](#).

 POS: Enter both codes: 699678 + 2050010293075