

Paint & Create- Lazaro
Vision Board –Anika
Calm Box/Mindfulness Activity – Ebony/Sandy
Yoga Workshop- Jennifer Scamorza
Mental Health/Healthy Boundaries Workshop- Juanita Henry

Tracks	Time	Track 1 Youth	Track 2 Youth	Track 3 Youth	Track 4 Youth
Breakfast	9:30 am - 10:00 am	(255 ppl) Registration & Continental Breakfast			
Workshop 1	10:00 am - 11:00 am	Healthy Boundaries Workshop			
Workshop 2	11:00 am – 12:00 pm	Vision Board 20 ppl	Calm Box 20 ppl	Paint & Create 20 ppl	Yoga Jennifer 20 ppl
Workshop 3	12:00 pm - 1:00 pm	Paint & Create 20 ppl	Yoga Jennifer 20 ppl	Vision Board 20 ppl	Calm Box 20 ppl
Lunch	1:00 pm - 2:00 pm	Lunch - Gather & Goodbye – Cafetorium & Outside			
		ELECTIVE CHOICES Rooms- 144, 145, 148, 149 MAX CAPACITY OF 80 for Youth Activities			

Healthy Boundaries:

Boundaries can help you assert what you're OK and not OK with. Many have found that setting boundaries improves your mental health and mood. Without limits, it's hard to be self-aware and independent. During this workshop participants will discuss how trust, honesty, support, and good communication are needed to create healthy boundaries and positive relationships.

Presented By: Juanita Henry, LCSW

Cool, Calm, Collected:

Emotions are an essential part of who you are, but they can be messy, complicated, and downright confusing at times. There are many tools we can use to help regulate our emotions, one being a calm box. A calm down box is a great tool that provides the time and the space to calm down from being upset. A calm down box has a variety of emotional regulation tools, sensory items, and toys you can use to help regulate your emotions or to calm down from an upset. During this workshop, participants will have an opportunity to build their own calm box.

Presented by: Ebony Lenard, embrella

Paint & Create:

Art, specifically painting, is a wonderful way to encourage self-expression. Participants will take part in a unique artistic experience that includes 45 minutes of basic painting instruction. All materials you will need to create your personal work of art will be provided. Your only job is to show up, relax and have a great time! Our talented instructor will guide even the most artfully challenged painter to create a masterpiece.

Presented By: Lazaro Lugo, embrella

Vision Board:

Everyone has something that they want to bring to life. But what if you can't really see it? A vision board visually represents a particular concept using images, illustrations and/or words that affirm your goals in life. By creating a visual representation of your dreams and putting it somewhere you can see every day, you make it easier for yourself to remember your goals and prioritize your actions accordingly. This exercise aims to help you creatively increase your self-care and self-compassion while manifesting your personal goals.

Presented By: Anika Beckford, embrella

Yoga:

Participants will begin class with gentle movement paired with breathwork (pranayama). Students will then transition into a few Yin (passive stretching) postures which are typically held for 3-5 minutes. Class will end with a restorative shavasana (final resting pose). No previous yoga experience is necessary to participate.

Presented by: Jennifer Scamorza