

HELPING YOUTH TAKE CHARGE OF THEIR MENTAL HEALTH

For advocates working with older youth, teens, and young adults

Wednesday, May 6, 6-7:30pm on Zoom

REGISTER HERE: bit.ly/3MD0MEt

We know that emotional health is as important as physical health. We are safest when we have strategies to take charge of our own emotional well being.

In this workshop, we will explore how to adapt Kidpower methods to teach, practice, and reinforce skills to help young people:

- Focus attention on what they can do
- Protect themselves from negative beliefs
- Understand & manage emotional triggers
- Create positive connections & healthy relationships
- Set and uphold boundaries
- Protect their personal safety
- Recognize and ask for what they need

This workshop will include practice methods to adapt to different ages and abilities of youth.

Questions? Contact:

Emily Scrimshaw, EScrimshaw@casala.org, 323-859-2888 x 6311



Presented by Kidpower
Organized by CASA

