

**PARENT & EDUCATOR GROUPS**

**THEMES: Inclusivity; Empowerment; Self-Awareness; Kindness and Respect; Coping Strategies; Resilience**

**SPECIALTY-TOPICS: Social Media; Gaming; Cultural Diversity; Stigma Reduction; Body Image; LGBTQ; Anxiety and Depression; Addiction; Academic Pressure**

**SMALL GROUPS**

**YOUTH SPEAKERS**

**Trained youth speakers** share their personal stories to increase understanding of issues relevant to today's youth such as mental health – anxiety, depression; bullying and online/social media such as issues related to instant gratification, information overload, comparing themselves to what they see online, cyber-bullying.

As well, tips on how to create a safe space and support youth such as awareness that helps youth to create limits/balance, empowering questions that will get them thinking, simple mindfulness strategies.

A youth voice brought to these difficult issues provides caring adults with a fresh perspective to bring to their relationships with their youth. Learn tips on how to build positive relationships with their youth, they identify strengths, assets & resiliency skills:

- ✓ Renewed sense of hope and increase in understanding
- ✓ Improve communication parent/child communication
- ✓ Access Parent & Caring Adults Tip sheets
- ✓ Access a Resource List

**SELF-CARE WORKSHOP**

**Self-Care Workshop** facilitated by Una Wright, Founder of YouthSpeak who shares her personal toolbox of coping strategies. This interactive workshop will engage participants and provide take-away tips and tools that are easy to integrate into a busy life. Participants will learn:

- ✓ Tools for keeping balance and coping with everyday stress
- ✓ Tips to increase personal well-being
- ✓ Fast-track to mental clarity and inner peace during difficult life circumstances
- ✓ Opportunity for question & answer period
- ✓ Information on resources

**LARGE GROUPS**

**KEYNOTES & CONFERENCES**

We provide presentations for school councils, conferences, AGM's. The YouthSpeak teams' engaging style adds impact and generates meaningful conversation to the successful outcome of events. Youth speakers share their personal stories to increase understanding of issues relevant in the teen years such as mental health, bullying, substance misuse, online/social media, as well as tips on how to create a safe space. A youth voice brought to these difficult issues provides caring adults with a fresh perspective to bring to their relationships with their youth. Learn tips on how to build positive relationships with their youth, they identify strengths, assets & resiliency skills.

**ALL PROGRAMS INCLUDE RESOURCE MATERIAL AS APPLICABLE: TEACHER GUIDE, TIP SHEETS; ACTIVITY SHEETS; RESOURCE LIST**