

Empowering Young Minds

For New Times



Program Outline

This **youth-led interactive session** will help students learn about self-care and why it is important. Youth speakers will share personal stories about navigating our current times and steps they have taken to integrate self-care practices that work for them.

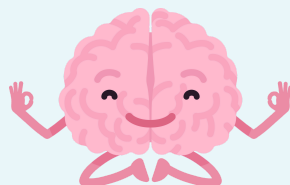
Students will better understand coping tools and ways to build resilience during difficult times.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Understanding Self-Care

Helps students **understand what self-care is and why it is important.** Youth Speakers will share their self-care strategies and how they have integrated them into their lives.



Prioritizing Mental Health

Focuses on the importance of mental health, helping students understand the **relationship between self-care and our brains.**



Increase Allyship

Highlights the importance of **supporting each other and building a community** where everyone feels safe and has a sense of belonging.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

