

Empowering Young Minds

Growing Through Challenges

For grades 9–12



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.

Youth Will

- ✓ Learn about the Hand Model of the Brain
- ✓ Explore the Connection between Self-care and Community Care
- ✓ Discover Coping Tools and Ways to Build Resilience During Difficult Times
- ✓ Participate in the Grounding Exercise Interactive

“**[The Youth Facilitators’] ability to ‘read the room’** and make connections with our students is something not all presenters can do so effortlessly.

– Team Lead, Youth Program

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



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.

ONE CONVERSATION AWAY FROM HOPE.

Start the Conversation. Connect with us: www.youthspeak.ca | una@youthspeak.ca