




Rooted in Wellness - May 11, 2024 - Agenda



Time	Sequoia B	Annex	Redwood	Sequoia A	Learning Commons
8:30-9:00	Registration & Light Refreshments	 <p>Visit our event website at events.hcoe.org/rooted-in-wellness for an online agenda.</p>			Wellness Area
9:00-9:15	Welcome & Land Acknowledgment				
9:15-10:15	Laughing Together - Keynote				
10:15-10:30	Movement & Self Care				
10:30-11:15	The Trevor Project's CARE Training	Laughing Together Youth Workshop	Mindfulness & Meditation; What They Are And Why They Matter	Sound Healing	Cold Water Skill
11:15-12:00		Seeds of Hope - Sembrando Esperanza: The Centro del Pueblo Suicide Prevention Campaign for Latinx Youth	Youth Fentanyl Awareness and Naloxone Training Workshop	Traditional Ecological Knowledge Impacts on our Early Development & Our Future Mental Health	Wellness Area
12:00-12:30		Lunch w/ Pronouns Presentation - Brianna Colegrove			
12:35-1:35	Our Youth's Perspectives on Mental Health				
1:45-2:45	NAMI Humboldt County	How to Implement Sources of Strength in Your School As an Adult Ally	Building on Our Strength for Our School- Youth Sources of Strength	Applied Mindfulness & Stress Regulation for Well-Being	Explore Children's Literature for Social Emotional Learning
2:55-3:25	Dancing Without Borders: Baileterapia with Centro	Laughing Together	Intentional Eating with Mental Well Being	Sound Healing	Wellness Area
3:30-4:00	Bonds of Hope: Embroidery Circle with a Ribbon Dance from Mexico	Laughing Together	Supporting Our Physical & Mental Well Being	Youth Opioid Overdose Prevention Toolkit and Naloxone Training	How to Set Up a Calming Corner
4:00-4:15	Nourishments & Gatherings				
4:15-5:00	Networking	Parent Group: Supporting Youth During & After Mental Health Struggles			Wellness Area



Rooted in Wellness - May 11, 2024 - Campus Map

