

Youth Life Cle 2025

PROGRAM AGENDA

January - March 2025



Hope . Healing . Wellness

AGES 12-18

Tuesday, January 21, 2025

Workshop Title: My Mind Matters: Thriving in My World

Presenter: Melvin White, Frat Dads LLC.

Workshop Description: This interactive session helps youth explore mental health in a fun, relatable way through group discussions and hands-on activities. Participants will gain practical tools to navigate challenges and build resilience while breaking the stigma around mental health.



Tuesday, February 18, 2025

Workshop Title: The Change Agent - Mental Health Education for Teens

Presenter: Laylah Fisher-Grace

Workshop Description: Change Agents are young individuals who acknowledge their power and influence concerning mental health. This workshop teaches youth how to be SMART about mental health. **S**peak about it. **M**ind Our Language. **A**pproach with Empathy. **R**ecognize Myths. **T**ake care of ourselves.



Tuesday, March 18, 2025

Workshop Title: Coping Boxes

Presenter: Laylah Fisher-Grace

Workshop Description: Youth react in a variety of ways when they are dealing with anxiety and stress. They need effective coping techniques for anxiety and stress. Coping Boxes encourage youth to explore multiple ways of managing stress, finding solitude, and improving self-expression confidence.



Youth Life Cle 2025

PROGRAM AGENDA

April - June 2025



Hope . Healing . Wellness

AGES 12-18

Tuesday, April 15, 2025

Workshop Title: Tearing off Your Label

Presenter: Faith Gordan

Workshop Description: "Tearing Off Your Label" is an effective approach to help students build resilience and enhance their self-esteem.



Tuesday, May 20, 2025

Workshop Title: Youth Stress Management

Presenter: Michelle Beard

Workshop Description: Youth will:

- Develop a stress management plan using coping skills & stress management tool
- Learn strategies for navigating intense emotions & anxiety
- Identify when they need more help from a trusted adult or professional

Receive supplemental materials to support ongoing learning regarding self-care.



Tuesday, June 17, 2025

Workshop Title: But It's My Money

Presenter: Huntington Bank

Workshop Description: This workshop will address issues of specific concern for youth while teaching them the basics to help them prepare for financial independence. This is a great workshop for our youth as they graduate, or find summer jobs.

