

**THIS CONFERENCE HAS LIMITED SEATING AND IS CREATED BY YOUTH FOR YOUTH. ADULTS WHO WISH TO BE PRESENT FOR THE DAY TO SUPPORT YOUTH MUST REGISTER ALONG WITH THEIR YOUTH, AND WILL BE ASKED TO NOT ATTEND WORKSHOPS, UNLESS THEIR PRESENCE IN THE WORKSHOP IS REQUESTED FOR SUPPORT PURPOSES BY A PARTICULAR YOUTH.**

## Youth Conference Day Workshops

### 1. Life as Me

In this session participants will increase awareness of what it is like for those who are alienated because of their sexuality or gender. The speakers will share their experiences with family, peers, and society, when they disclosed their personal choices. The workshop will also include inspirational messages from the LGBTQI community and resources.

### 2. Making a Difference through Self-Defense

In this session participants will demonstrate basic self-defense methods, recognize safety red flags, and educate and advocate for others. The workshop will focus on "you can make a difference in your own life & others by learning self-defense strategies & techniques."

### 3. Free Speech

This session will create a place to make peace with your story. The workshop will discuss peace of mind, identify outlets to express yourself, and leave participants feeling more empowered.

### 4. Through a Child's Eyes: The Foster Care System

This session will discuss the youth's point of view in the Foster Care System. The workshop will explain personal experiences and challenges, provide a forum for participants to share their experiences, and identify resources for assistance and support.

### 5. You're Worth It!

This session will inform participants that they matter and that someone cares about them. The workshop activities will assist participants in identifying supporters, their personal worth and resources.

### 6. Food for Thought

This session will encourage participants to take an active role with cooking, provide information on food resources, and expand recognition and understanding of food groups. The workshop will provide an interactive experience with nutrition.

### 7. Transition to Tomorrow

This session will focus on people transitioning from High School to Adulthood and engage them in open dialogue about past experiences and future goals. The workshop activities will include developing a personal vision board.

### 8. D.A.P. (Drug and Alcohol Prevention)

The purpose of this session is to educate and inform participants about drugs and alcohol and to provide room for open discussion. The workshop will identify drug usage and the causes and effects, identify street terms, and provide statistics, and how drug usage effects young people and families.

### Sensory Space Available throughout the Conference Day

Drop in to our fun *Sensory Space* at any time during the day, for as short or long a time as you like, to explore ways your 7 senses can help you find comfort and contentment. This space will be enjoyable and pleasurable and will feature music, scents, tastes, textures, puzzles, books and hula hoops and more!