

PARENT / PROFESSIONAL ADVOCACY LEAGUE

5th Annual Conference & Celebration * May 29, 2015 * Best Western Marlborough, MA

Youth Track Workshops (13-25 year olds)

MORNING



For GLBTQ Youth & Allies, Meghan Johnson

“Just what does the Q stand for in ‘LGBTQ’?” “What resources are available to me if I am gay, lesbian, bisexual, transgender, queer, or questioning?” “How can I support my friend when they come out to me?” This workshop will help answer these questions and offer a safe space to learn about GLBTQ identities. Everyone is welcome, including straight and cisgender allies!

Youth & Young Adult Homelessness: What We Can Do to Help



This workshop will explore the realities and concerns of youth and young adults who face homelessness in Massachusetts. What services are available? Are they working for us? How does mental health impact homelessness, or vice versa? We will hear from a panel of young adults who have lived experience of homelessness, followed by time for questions and answers. If you are interested at all in learning more about this problem facing our community, please join us in this workshop!

AFTERNOON

Get in the Groove! Music and Songwriting, Jackie



This workshop is presented by Jackie from Next Generations Concerts. Jackie is very passionate about helping those interested in pursuing a career in music. Writing songs can be a simple and a fun way to express emotion and have the ability to inspire. Her mission in this songwriters workshop is to create a fun atmosphere as an introduction to songwriting. All experience levels are welcome.

Yoga & Mindfulness for Mental Health



This workshop is presented by Nina Cerviatti, who teaches Yoga, Pilates, Tai-Chi, Qi-Gong, Zumba, and meditation all over Massachusetts! Mindfulness and meditation helped Nina find balance as a young adult, and she continues to grow in her practice today. Join Nina for this interactive workshop and learn how slowing down and taking a deep breath can improve your mental health and overall well being! All experience levels are welcome.

The Youth Track is Organized and Sponsored by Youth M.O.V.E. Massachusetts



EDUCATE—COLLABORATE—ADVOCATE

The Massachusetts Family Voice for Children's Mental Health * www.ppal.net