

Workshops

10:45 a.m. – 12:00 p.m.

Student Leader/Faculty Training:

A

This training starts with a limited, yet powerful, time of sharing about what the keynote meant to participants and what it could mean to the campus community as a whole by expanding on the principals of respect and multi-media and hands on exercises to encourage participants to incorporate positive strategies and behaviors into their personal, school, and work lives. Then the training moves into a discussion of practical ways that kindness, focus on strategies and tactics that promote an environment that is less prone to harassment, bullying and violence.

Growing Power: The Black Experience—

B

This workshop will facilitate insightful dialogue and knowledge about the possible support and strength that is needed for African Americans into today's social climax era .Themes include mental health stigma, how social media perceptions and experiences of African Americans , academic acceptance in the classroom, and the bridge between black love. The workshop offers a platform to discuss personal experiences and gain feedback about helpful tools to maintain support and continuous dialogue post conference.

Surviving and Succeeding en “Nuestra Cultra” Taide Arias & Miguel Lujano

C

Surviving and Succeeding en Nuestra Cultura aims to cultivate the next generation of Latino leaders by promoting community and activism. Advocacy through Social Media and Mental Wellness in various settings starting with individual, school, and community. Students will learn how to improve systems and communities; influence other young people to take action; help young people find a place to belong; promote youth development promote youth development and leadership.

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Moving Beyond the Rainbow: Activism, Advocacy, and the Advancement of LGBTQ+ People-

D

This seminar-styled session will dive into the world of activism, advocacy and advancement of LGBTQ people moving beyond the creation of safe spaces and cultural competency. Looking behind the veil into the world of advocacy and activism, Gabriel Maldonado will take participants inside the history and campaigns combating stigma and mental health disparities through advocacy and programs.

Miss Representation: Going Beyond Gender Stereotypes Andrea Deaton, LMFT & Melinda McFarland, LMFT

E

Media is selling that girls and women's value in their youth, beauty, and sexuality rather than their at the capacity to be leaders. While women have made great strides in leadership over the past few decades, the United States is still 33rd out of the 49 highest income countries when it comes to women in the national legislature. Miss Representation accumulates startling facts and statistics that will leave the audience shaken, but armed with a new perspective and how to be leaders in improving Mental Health of the lives of young women.

Behind The MASCulinity: Negotiating America's narrow Definition—

F

Behind the MASCulinity will address cultural and social factors that shape gender norms of what it means to a good man versus a real man. We will discuss how a limited societal expression of masculinity impacts seeking help for physical and mental health challenges. Furthermore we will collectively outline and practice helpful tools that adopts a fuller expression of masculinity that builds intimacy and healing relationships.