

# Youth Mental Wellness Retreat Agenda

October 29, 2023



	Time	Blue	Red	Green
<b>Session 1</b>	9:40am-10:25 am	Yoga Focused Breathing/ Gratitude Practices/Journaling <b>Tasha Strawder</b> <b>Fantoya Hill</b>  Park	Speaking Wellness through Poetry <b>Syni Champion</b>  Impact Nutrition	Self-care Art <b>Lee McCormick</b>  Park Gazebo
<b>Snack BREAK</b>	10:25 am-10:30 am			
<b>Session 2</b>	10:35 am-11:20am	Speaking Wellness through Poetry <b>Syni Champion</b>  Impact Nutrition	Self-care Art <b>Lee McCormick</b>  Park Gazebo	Yoga Focused Breathing/ Gratitude Practices/Journaling <b>Tasha Strawder</b> <b>Fantoya Hill</b>  Park
<b>Session 3</b>	11:25 am-12:10 pm	Self-care Art <b>Lee McCormick</b>  Park Gazebo	Yoga Focused Breathing/ Gratitude Practices <b>Tasha Strawder</b> <b>Fantoya Hill</b>  Park	Speaking Wellness through Poetry <b>Syni Champion</b>  Impact Nutrition

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<b>LUNCH</b>	12:10 pm- 12:45 pm			
<b>Session 4</b>	12:55 pm- 1:25 pm	Food for the Brain <b>Mayumi Reese</b>  Impact Nutrition	Movement for Healing <b>Jada Irene/Healing Heals</b>  Impact Nutrition	Calming the Mind <b>Tim Poole</b>  Folsom Lake
Session 5	1:30 pm- 2:00pm	Calming the Mind <b>Tim Poole</b>  Folsom Lake	Food for the Brain <b>Mayumi Reese</b>  Impact Nutrition	Movement for Healing <b>Jada Irene/Healing Heals</b>  Impact Nutrition
<b>BREAK</b>	2:00 pm- 2:10 pm			
<b>Session 6</b>	2:10 pm- 2:40 pm	Movement for Healing <b>Jada Irene/Healing Heals</b>  Impact Nutrition	Calming the Mind <b>Tim Poole</b>  Folsom Lake	Food for the Brain <b>Mayumi Reese</b>  Impact Nutrition
<b>Session 7</b>	2:45 pm - 3:45 pm	<b>ALL GROUPS</b> Healthy Relationships Clara Brown	Mindful Decisions Shaun Conely	

*Youth  
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Agenda*

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	<b>Time</b>	<b>Session Topic</b>	<b>Wellness Specialist</b>	<b>Location</b>
<b>BREAK</b>	3:45 pm- 4:00 pm			
<b>Session 8</b>	4:00 pm- 5:00 pm	Flag Football All		
<b>DINNER Wrap up</b>	5:10 pm- 6:15 pm	Retreat Feedback RAFFLE FOOD BOXES		

## RETREAT COMMITTEE

MACK BLOCK-DIGITAL MEDIA/VIDEOGRAPHY/PHOTOGRAPHY  
CLARA BROWN-CEO/COORDINATOR-FUNDRAISING, SPONSORSHIP,  
RECRUITMENT, WEBMASTER, SOCIAL MEDIA MARKETING & PROGRAM  
ENJULI BULLOCK- ASST- COORDINATOR/  
COMMUNICATION/CORRESPONDENCE  
SHAUN CONELY- ASST. COORDINATOR-VOLUNTEERS, ADVERTISING,  
FAMILY MEAL BOXES, TRANSPORTATION  
LETTECIA GILMORE-COMMITTEE RESOURCES/SPORTS ACTIVITIES  
SONIA PELLERIN-SUPPLIES & MATERIALS  
MAYUMI REESE-LOGISTICS AND NUTRITION

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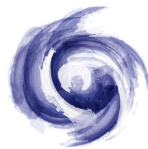
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