



**YWCA Town Hall/Listening Sessions**

Date: Monday, April 8th  
 Address: Beatitudes Campus  
 Time: 9:30  
 Setup: 9:15  
 Facilitators: Tai, Rachel, Xanthia, Sarah

**Materials:**

(for approximately 25 participants)

Station One: Mental Health Postcards and collage

- Postcards-
- Pens/pencils
- Collage materials

Station Two: Soundscape

- Recording equipment
- Bubble poppers and squishies
- Soundscape recording and speaker
- notecards/pens

**Process:**

RYT team will facilitate several activity stations that encourage participation in the listening session, reflecting on their own ideas about mental health

<b>Station one:</b>  Listening Session	Listening Session <ul style="list-style-type: none"> <li>● Working alongside YWCA facilitators</li> </ul>	
<b>Station two:</b>  Mental Health Postcards	Mental Health Postcards <ul style="list-style-type: none"> <li>● Collage one side of the postcard</li> <li>● Choose a postcard that represents you, and answer the prompt:</li> </ul> Write a note to someone sharing something you want to pass down about what you've learned about mental	

	health- write a note to the next gen or to your younger self	
<b>Station three:</b> Soundscape	Answer the question “What does mental health mean to you?” to contribute to a soundscape of interviews from across the valley	