

THE COMMUNITY CARE AND JUSTICE (CC&J) PROGRAM PRESENTS
THE “ELEVATE MY MENTAL HEALTH AND WELLNESS” YOUTH WORKSHOP SERIES

September

16th

Thursday

@7pm

Guest Speaker:
Ibn Sharif
Shakoor, M.ED.,
LAC

BA and MA in Education
Masters in Counseling
LAC

Ibn uses hip hop and
creative content for
therapeutic purposes,
while
creating and analyzing
different mediums of
art.

SEPTEMBER'S WELLNESS WORKSHOP :

ANXIETY MANAGEMENT
FOR EVERCHANGING
NORMALCY *FOR PARTICIPANTS 13 TO 18 YEARS OF AGE*

CC&J's Community Youth Liaison Ashley K. Fullerton, BA and Director of Outreach & Community Wellness Kristin Miller, LCSW are conducting workshops to educate the youth on Mental Health & Wellness! Our purpose is to de-stigmatize mental health and educate the youth on how to effectively navigate their own health and wellness journeys. We are creating safe spaces for them to connect with each other. "Wellness" is a separate concept that includes topics on social issues and awareness, identification, and how to build your mental, emotional, physical, social, and spiritual well-being.

This is a FREE event for the youth to come into a safe space and discuss their emotional, mental, spiritual, and physical state in their journey back to the classroom! We will discuss the effects of COVID-19 and going back to school during a pandemic, how to navigate one's wellness journey without overwhelming "self", and discussing the many different faces that represent anxiety.

PARENTS & GUARDIANS MUST REGISTER THEIR YOUTH UNDER 18 FOR THIS WORKSHOP

FOR MORE INFORMATION OR TO REGISTER FOR THIS
WORKSHOP, PLEASE EMAIL
KAMARAFULLERTON@GMAIL.COM
YOU MAY ALSO SCAN THE SCAN CODE WITH YOUR
SMARTPHONE TO REGISTER FOR THIS WORKSHOP!



SCAN ME