

# EmpowerME

## A Community Afternoon Series on Health Empowerment

2:00pm - 3:00pm

RSVP: [director@betheinfluencewrw.org](mailto:director@betheinfluencewrw.org)



### [JANUARY 27] YOU HAVE THE POWER!

We live in an environment that can be challenging emotionally. How can we effectively achieve and exceed our goals and make healthy decisions when we are overwhelmed by possible Adverse Childhood Experiences, social media, responsibilities of being a student/employee, COVID and balancing our personal lives outside of the classroom/workplace? This 50-minute, motivational, interactive seminar reminds us that we “**have the power**” to exceed our own expectations by living by 5 basic principals:

- The power of Believing, The power of Positive Thinking, The power of Doing, The power of Failure, The power of Choice.

### [FEBRUARY 17] NOT JUST BLOWING SMOKE

This presentation will delve into the vaping epidemic and youth use. We will be covering related topics such as vaping products and chemical components, the adolescents brain and decision making, addiction, youth centered data, vaping industry marketing tactics, and much more. In addition we will be sharing helpful tips and resources on healthy decision making, alternative coping mechanisms, and quit resources for youth.

### [MARCH 17] TRAUMA SENSITIVE APPROACH \*\*

This session will explore the Six Principles of Trauma-informed Care to enhance youth engagement and fostering relationships with youth.

\*\*This session will be two hours from 2:00-4:00pm

### [APRIL 21] OVERCOMING STRESS THROUGH ART

Today's culture has created heightened anxiety, depression and stress for students of all ages. As a result, self-medication, substance misuse, suicide and other unhealthy ways of coping are at an all-time high. We all need healthy ways to cope. With that in mind, Be the Influence has designed a 50-minute program examining the life of Van Gogh and how he used art to overcome adversity through expression. Attendees will create an art piece using color, stroke patterns and other techniques for their own self-expression.

### [MAY 19] ZINE PROJECT

This session will explore how to get creative in our new virtual learning platform and you will get the opportunity to make art yourselves

### [JUNE 16] WHEN GRANDPARENTS BECOME CAREGIVERS

With many youth growing up in homes with substance use disorder, grandparents or other family members are increasingly becoming the main caregivers for their grandchildren. This class will discuss best practices on identifying if youth are using, safety precautions on avoiding use and how to talk to youth in a way that will lead to healthier decisions.

### [JULY 21] RESTORATIVE PRACTICES

This session will define “restorative practice” and describe best practice approaches to foster relationships and strengthen inclusive community ties regardless if conflict is present.

### [AUGUST 18] SIDEKICKS- CONVERSATION SKILLS

Sometimes it can be difficult to find the right words when having sensitive conversations, such as conversations about tobacco and substance misuse. This version of the Sidekicks workshop will open your mind to a new set of conversational skills using motivational interviewing to assisting you in helping others you care about in your life.

### [SEPTEMBER 15] THE IMPACT OF SOCIAL MEDIA

Recent studies indicate a huge correlation between today's social media use and anxiety, mattering and self-harm. This class will explore the brain science of social media, the short and long-term effects and ways to reduce use and anxiety.

