

YOUTH-FRIENDLY HEALTH WORKSHOPS

SPRING 2021 - VIRTUAL

For Ages 13-22y

Register for **FREE** at
Tinyurl.com/LSCC-YAC2021



CPR TRAINING



Imagine you see someone who stops breathing or becomes unresponsive. What would you do to help? Why not learn a skill that could save a life?

First 14 youth to register get \$25 certificate fee waived.

Sunday | Mar. 7, 2021 | 5-7pm CST

SELF-CARE FOR MENTAL HEALTH



How do you cope when life doesn't go the way you expected? #coronavirus #racial injustices #socialdistancing. Hear about healthy ways to manage your moods.

Sunday | Mar 21, 2021 | 5-7pm CST

CAREER PANEL & MENTORING



Ever wanted to know what to expect in a certain profession? Attend this workshop to learn from professionals in the fields of medicine, engineering, business, and education.

Sunday | Apr. 4, 2021 | 5-7pm CST

FACILITATOR PANEL & COLLEGE PREP



College applications! Job interviews! Life after high school! SAT Prep! Oh my! Learn success tips from current college students and young professionals who are eager to guide you.

Sunday | Apr. 18, 2021 | 5-7pm CST

GROWTH MINDSET & MEDITATION



What is a fixed vs. growth mindset? And how does this apply to daily life? Attend this workshop to learn more and see how meditation can be used to achieve your goals.

Sunday | May. 2, 2021 | 5-7pm CST



YOUTH CLINIC

Lone Star
Circle of Care

#lonestaryac