

Standing Together for Snohomish County Youth: 1st Annual Children & Youth Mental Wellness Fair



Saturday, May 7, 2016 • 10AM - 4PM

Evergreen Middle School • 7621 Beverly Lane, Everett

With Special Guests:

CASPAR BABYPANTS & TRENT SHELTON

**All
Families
Welcome!**

In support of the Children's and Youth Mental Health Wellness Fair,
Everett Transit will operate **FARE FREE** on Saturday, May 7, 2016.

FREE COMMUNITY FUN EVENT
DROP IN SESSIONS – NO REGISTRATION NEEDED



**COMMUNITY
RESOURCES
AVAILABLE**

DISNEY MOVIE:



11:30AM & 2:15PM

- FREE PIZZA 11AM - 3PM
- GAMES
- 3-ON-3 B BALL
- FAMILY PHOTOS ALL DAY



9:30 am	DOORS OPEN – WELCOME!			
10:00-10:45 am	CASPAR BABYPANTS Something magical happens when you crank up the newest music by the Seattle indie-rocker. Chris Ballew (aka Caspar Babypants) offers youngsters a fantastic mix of silly and sweet tunes.			
10:45-11:30 am	Parenting Young Children	Bullying	Signs and Symptoms of Depression and Anxiety	Building a Better Relationship with Your Teen
11:45-12:30 pm	Attachment and Bonding	Growing Up GLBTQ	Mental Health in Schools	Suicide Prevention
1:00-2:00 pm	TRENT SHELTON To some, he's a motivational speaker. To others, he's a previous NFL football player. To Trent Shelton, he is just a man who wants to help lives. Come see Trent as he energizes youth to change for the better by uplifting, empowering, and demonstrating that "change starts with you" from the inside out.			
2:15-3:00 pm	Infant and Toddler Mental Health	Music Therapy	7 Challenges: Substance Abuse Treatment Model	Sex Trafficking Risks
3:15-4:00 pm	Parenting is stressful! Have a Safety Plan	Empowering Young Women	Adverse Childhood Experiences (ACEs)	Cutting and Self-Harm

Questions? Call 425.388.7254

Organized through community partnerships with Snohomish County Human Services

