

Workshop Descriptions 2024:

The Superpower of Kindness

Matt Heimberger Rm 455

Kindness is like water: it is essential for life to thrive. Too little water can kill a lawn or a forest; too little kindness can kill a relationship or even a democracy. Come learn how this aspect of our humanity can turn around your personal life and get our society on the path toward a brighter future.

You Can't Give from an Empty Bucket

DeEtte Englebright Library

Yoga, meditation and breathing exercises help us fill our buckets. That way, when we dip into the bucket to fulfill our responsibilities, there is something there to give. Come learn about mental, physical and emotional health tools that will help you fill your bucket.

A Cheeseburger for Your Brain

Ben Springer Rm 208

Join Dr. Springer for his insightful and humorous take on how to enjoy a balanced meal of screens, social media, and information. Learn practical tools to increase mental health and decrease toxicity.

The Word on Weed

Steve Wright Rm 210

Come get the word on weed through the "Gray Matters" awareness initiative that is aimed at empowering teens and parents to understand the risks of marijuana misuse during the critical time of teen brain development.

Medicine for a Happy Life

Tim Cregor Rm 209

Friendships and social connections are critical to enjoying a happy life. Social connectedness reduces our stress levels and improves our mental and physical health. Learn tools to help you strengthen friendships and social connections.

Staying Safe: Human Trafficking and Media Exploitation

Mark Sersansie Rm 306

In a fast-paced world where dangers are constantly altering form, get the facts from a human trafficking/cyber intelligence investigator who is also a father, foster parent and mentor. Learn how to protect yourself and others through hands-on learning.

Crack the Code to a Better You

Ben Belnap Rm 457

Self-compassion is not just taking a "spa day." Research continues to reveal how self-compassion has improved outcomes for academics, athletics, relationships and overall sense of fulfillment. Come for the entertainment, leave with life-changing strategies.

Better Sleep, Better Health

Kelly Baron Rm 206

Studies show that 70% of young people aren't getting enough sleep. Insomnia, sleep apnea and other sleep disorders affect at least one third of the population and contribute to mental and physical disorders. Discuss common sleep problems and solutions to getting a better night's sleep.

Becoming Unconquerable

Hank Smith Rm 459

Anyone can get started in reaching their goals, but who has the endurance to finish? Becoming unconquerable is about staying loyal to what you want. Let's talk about fighting through discouragement and failure. Yes, talent counts, but tenacity counts more.

Presentado en español (Spanish Speaking Workshops)

Room 305

No al Acoso Sexual y el Bullying

Emma Zevallos

La Prevención del Suicidio

Sergio de Chazal