



"Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy."

Project Safety Net presents Youth Convening
**Youth Mental Wellness Through and Past COVID-19:
 Tackling Stress, Burn-out, and Communication Challenges**

June 18, 2020 at 3:30 – 5:00pm
[Register for Event Instructions](#)

Convening Goals

By the end of the convening, youth participants will:

- Connect with peers over youth mental health, well-being, suicide prevention efforts
- Learn the needs to advance youth well-being promotion and suicide prevention
- Identify wellness activities to support mental wellness through COVID-19
- Identify collaboration opportunities to advance youth well-being and suicide prevention

3:30 pm	<p>A. Welcome and Introductions – <i>Meghna Singh, she/her</i></p> <p>Please use chat box to enter your name, pronouns, school year/ any affiliations</p>
3:40 pm	<p>B. Guided Meditation – <i>Helena Cirne, she/her</i></p>
3:45 pm	<p>C. Minding our Mental Health During COVID-19 – <i>Shannon Yang, she/her</i></p> <p><i>Panel Perspectives</i></p> <ul style="list-style-type: none"> • <i>Phoebe Kim, she/her</i> – Palo Alto High School • <i>Langston Wu, he/him</i> – Gunn High School • <i>Abigail Milne, she/her</i> – Woodside Priory High School • <i>Lisa Miller, she/her</i> – Program Manager, CASSY
4:15 pm	<p>D. Connecting, Supporting, and Exercising Mental Wellness</p> <p><i>Small Group Facilitators and Support</i></p> <p>Room 1: <i>Abigail Milne, she/her; Grace Williams, she/her; Paco Lopez, he/him</i> – High School Pastor, Peninsula Bible Church</p> <p>Room 2: <i>Shannon Yang, she/her; Hannah Zhang, she/her; Mary Gloner</i> – Executive Director, Project Safety Net and <i>Jimmy Nguyen, he/him</i> – Youth Program Coordinator, YCS-YCI</p>



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	<p>Room 3: Christina Chen, she/her; Erica Cardozo, she/her; Jasmine Lopez, she/her – Coordinator, Santa Clara County Suicide Prevention program</p> <p>Room 4: Phoebe Kim, she/her; Kate Williams, she/her; Lisa Miller, she/her – Program Manager, CASSY and Molly Wallner, she/her – Teen Librarian, City of Palo Alto Library</p>
<p>4:50 pm</p>	<p>E. Closing, Next Steps, and Thank You</p>
<p>Contact us at psnpaloalto@gmail.com</p> <p>Stay updated with Project Safety Net: psnpaloalto.org and PSN e-newsletter Follow us on our Facebook, Twitter (@PSNpaloalto), Instagram (@PSNpaloalto)</p>	