

Are you a youth or young person and need some help on what to do or where to go? We are excited to show you the way. This year's conference will be a great chance for you to learn new skills, meet others like you with similar experiences, and of course, have fun! Check out this easy guide on how to plan your day. Learn more about each workshop by using the page numbers listed in the guide below to find the sessions in the full conference program by using the link [here!](#)

## Thursday, June 10: Conference Day 1

9:00 a.m. - 10:15 a.m. | **Welcome + Keynote Speaker (More info coming soon!)**

10:15 a.m. - 10:35 a.m. | **Break/Exhibit Hall**

Connect with 12+ exhibitors through video chat, check out their pre-recorded videos and websites, or sign up to learn more info from them. Earn points for a chance to win prizes as you visit these booths or chat on the website community boards!

10:35 a.m. - 12:05 p.m. | **Workshops**

*Promoting Youth Leaders, page 8*

12:05 p.m. - 1:05 p.m. | **Lunch on Your Own + Youth Hangout Room**

Connect with other youth just like you about the ins and outs of being a leader and advocate as well as chatting about how the conference is going. Get ready to learn new skills, network with peers, and ultimately strengthen your advocacy goals to address system challenges we need to fix!

1:05 p.m. - 2:35 p.m. | **Workshops**

*Listening and Learning from Youth, page 9*

*The Cool Aunt Sex Trafficking Talk, page 9*

*Resources for Youth in Foster Care, page 10*

*Can you Dig It? SEL through the Arts, page 11*

2:35 p.m. - 2:50 p.m. | **Short Break**

2:50 p.m. - 3:50 p.m. | **Workshops**

*Youth-Led Workforce Dev/Repro Strategies, page 12*

3:50 p.m. - 4:10 p.m. | **Short Break**

4:10 p.m. - 6:30 p.m. | **Documentary + Panel (Read more in the full program!)**

## Friday, June 11: Conference Day 2

9:00 a.m. - 10:30 a.m. | **Workshops**

*Youth Voice  
is Change,  
page 14*

*Leadership,  
Resiliency, and  
Accountability, page 15*

10:30 a.m. - 11:00 a.m. | **Break/Exhibit Hall**

11:00 a.m. - 12:30 p.m. | **Workshops**

*Let's Talk  
About Sex,  
page 16*

12:30 p.m. - 1:30 p.m. | **Lunch on Your Own + Youth Hangout Room**

1:30 p.m. - 2:45 p.m. | **Keynote Speaker + Activity**

- *Mindfulness & Self-Care to Prevent & Combat Vicarious Trauma for Direct Service Providers* with Toshia Shaw, MBA, MSW, Purple W.I.N.G.S., The Embracing Project, Empress of Om
- *Meditation and Breath Work Activity* with Fedora Galasso, TNOYS

2:45 p.m. - 3:00 p.m. | **Short Break**

3:00 p.m. - 4:30 p.m. | **Workshops**

*The Resilient Youth:  
Self-Care and  
Success, page 20*