



*"Working together with people of all ages and cultures, to develop community wellness and prevention awareness."*



## **19<sup>th</sup> Creating Cultural Harmony Conference**

### **YOUTH TRACK**

*"Connections"*

**February 22, 2019, 9:30 a.m. – 2:00 p.m.**

**San Juan College Suns Dining Room**

**Once again, San Juan County Partnership is offering workshops especially for youth! The dynamic speakers will be presenting workshops designed specifically for high school students. Lunch will be provided.**

*Youth Track Check-in – 9:30 a.m. - in lobby by Suns Dining Room*

### **YOUTH TRACK WELCOME AND OPENING**

*10:00a.m.*

### **YOUTH TRACK MORNING WORKSHOPS**

*10:15 A.M. – 11:30 A.M.*

#### **Sharing Your Story and Why It Matters – Presented by Denisa Livingston:**

*Social Entrepreneur, Community Health Advocate, Food Justice Organizer – Diné Community Advocacy Alliance.*

Learn the influence of culture, gain self-awareness of cultural identity, and understand the relationship between culture and leadership through a multi-media presentation paired with an activity. Students will learn how culture can be a personal and collective exploration. Together they will learn how to value and place value on their cultural identity while strengthening their understanding of who they are, where they come from, and where they are going. A written activity will be a self-reflection of their identity and will be an opportunity to share with the group insights or lessons to be enlightening and empowering for them.

#### **Self Awareness for a Better Future – Ariana Roselyn Young:**

*Former Miss Northern Navajo Teen 17-18 and Miss Northern Navajo 17-18*

As an ambassador, Ariana has talked to a lot of youth and knows that many in Middle and High School really need to know that the world we live in is not just about making money and living. It is so much more. She also knows that peer to peer discussion and mentoring really changed the way students take in information. Ariana is excited to have a real and if she may, raw discussion on ways to better our future as we are the leaders of today, not just the future. Peer to peer mentors are very important to her. She wants to get it across to the students that every moment in their lives they need to understand that it starts with them and it continues throughout life. Today is the day to start.

**Indigenous Consciousness and Yoga -- Haley Laughter:**

*President/Owner Hozho Total Wellness*

This interactive class will focus on yoga concepts to address self-awareness and self-care. Physical, mental and spiritual awareness utilizing yoga asanas and indigenous concepts with a format based around the four elements will be taught.

**Lunch in the Suns Dining Room**

**11:30 a.m. – 12:30 p.m.**

**Workshops will be repeated in the afternoon from 12:30 – 2:00**

**Youth will have a chance to attend all workshops**

*If you are an adult/chaperone who will be attending the Youth Track workshops, please fill in the Youth Track registration form. Individual youths may fill out the Youth Track form. **If you are bringing a group from a school**, you may submit a list of students who will be coming to Debbie Frank, [office@sjcpartnership.org](mailto:office@sjcpartnership.org), **no later than February 15th**, instead of filling out individual forms. Each youth group must have at least one adult for every 6 youths. **Adults will be expected to stay with youth at all times.** Youth Track check-in begins at **9:30 a.m.** and opening/welcome is at **10:00 a.m.**. Last workshop ends at **2:00 p.m.**, please make arrangements for bus pickup at that time.*

**\*\*Youth Track Conference Registration Form\*\***

**Youth Track registration will be limited to 70 youth and leaders due to space restrictions and will be on a first come, first served basis.**

To ensure a seat in the youth workshops, please send completed registration form with the registration fee to:

**Mail:** San Juan County Partnership-CCHC, 3535 E. 30<sup>th</sup> St., Ste. 105, Farmington, NM 87402

**Fax:** (505) 566-5870

**Email:** [office@sjcpartnership.org](mailto:office@sjcpartnership.org)

Make checks or money orders payable to: San Juan County Partnership -- Purchase Orders accepted

- \$25.00 Student - non-refundable registration fee**, includes lunch
- \$25.00 Adult Chaperone – non-refundable registration fee**, includes lunch

| Youth Track Participant Information |           |         |       |
|-------------------------------------|-----------|---------|-------|
| First Name                          | Last Name | Student | Adult |
| Organization/School                 |           |         |       |

*Each attendee will receive a bag of goodies and the opportunity to win one of the many door prizes donated for the conference.*

**For Office Use Only:**

**Date Received** \_\_\_\_\_ **Cash** \_\_\_\_\_ **CK#** \_\_\_\_\_ **MO/PO#** \_\_\_\_\_