**I AM ME YOUTH SUMMIT SCHEDULE**

**SATURDAY, FEBRUARY 11, 2023**

**9:00 AM**- Registration and Light Breakfast  
**10:00 AM**- Welcome: Host- Courtney Carroll; Poppy’s Therapeutic Corner, LLC

Latisha Owens; Founder of Guiding Light Mentoring

**Youth Workshops (rotate to different rooms)**

10:15am - 10:45am

10:50am - 11:20am

11:25am - 11:55am

1:10pm - 1:40pm

**Youth Workshop Titles**

#1 - Gang & Gun Violence  
This workshop will focus on gang & gun violence among our youth.  
  
#2 - Conflict Resolution Skills  
This workshop will focus on how to deal with peer conflict appropriately.  
  
#3 - Self-Esteem & Circle of Influence  
This workshop will focus on knowing one's self-worth and being mindful of who you keep in your company.  
  
#4 - The Haves & The Have Nots  
This workshop will focus on being comfortable with who you are.

**Parent Workshops (stay in same room)**

9:30am - 10:30am

10:35am- 11:35am

1:10pm - 1:45pm

These workshops will focus on teaching parents and/or guardians how to recognize when a child is in trouble, how to best respond, and to share what community resources are available to families. Additionally, we will have a facilitator speak with parents on gun safety, being able to accept help, and getting rid of the stigma around mental health.

**Keynote Speaker**

12:00pm - 12:30pm Duane Slaughter

**Lunch**

12:35pm - 1:05pm

**Panel Discussion**

1:45pm - 2:25pm

**Event Ends**

2:30pm