



Youth Wellness Forum

American Teens in Crisis

EMPOWER

PROTECT

CONNECT

Equip yourself with the knowledge and tools to make a difference in the lives of today's youth. This one-day forum dives deep into the real challenges that teens face in our fast-paced, tech-driven world—and how you can help them navigate these pressures with confidence and compassion!

WHAT YOU'LL LEARN

- Explore technology's impact on kids and gain tools to foster trust and safety.
- Learn simple, actionable steps to foster digital safety, set guidelines, and build trust.
- Tools to address cyberbullying, sexting, and online predators.
- Practical guidance for supporting mental health, resilience, and more!

WHEN & WHERE:

Date: Tuesday, April 15, 2025

Time: 8:00 AM - 4:30 PM

Location: Harre Union, Valparaiso University

Cost: \$30 (includes a continental breakfast, lunch, and CEUs)

Registration Opens: February 1, 2025

SIGN UP TODAY!



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- Fee: \$30 (includes a continental breakfast, lunch, and CEUs)
- Secure your spot now—spaces are limited!
- Scan the QR code to register

