



*The Community Coalition
For Children*

*Intergenerational
Conference*

October 31, 2018

Mitchell College

Registration and School Check -in: 9am to 9:30am

Conference: 9:30am to 12:30pm

Workshop Choice Catalog

Workshop Descriptions

Use the following descriptions to make your workshop choices for the upcoming CCC Conference on October 31, 2018

Session 1 Workshops

Gender 101: What is Gender

Presented by Kelsey Alexander—Safe Futures

Ever heard a word about gender and you weren't sure what it meant? What's the difference between assigned gender, gender identity, or gender expression? This interactive, conversation-based workshop will give participants a chance to explore what gender really means to YOU, in a supportive environment. - Open to All

Your Mental Health Matters

Presented by Norwich Youth Leadership Students—NFA and Norwich Youth and Family Services

This workshop will look to inform you of various mental health issues, misconceptions about mental health, symptoms vs daily stressors and ways to maintain positive mental health. This workshop is an interactive, activity based, educational experience. You will move around the room to different stations as you learn. - Open to Middle School Students only

Getting Through the Witching Hour: Strategies for Increasing Cooperation and Decreasing Meltdowns

Presented by Susan Radway, EdD—Riverfront Children's Center

When is the witching hour at your house? When your children are tired? Hungry? Don't get their way? This workshop will explore reasons behind negative behaviors and strategies for turning negatives into positives. - Open to Adults (geared toward parents)

The Struggle is R.E.A.L. (Reach, Equip, Application, Live)

Presented by Tariko Satterfield—ReaLifEmpire LLC.

Youth live conflicted and want to tell their stories, but they are afraid. In our time together, we will discuss what they are really up against. I will empower them to be courageous. To Reach, Equip, Apply, and Live with purpose on purpose. - Open to All

Stress Management/Breathing

Presented by H. Nena Lake LCSW and adjunct professor at UConn Human Development and Family Relations Department

Stress Management is essential as you try to balance multiple roles and responsibilities concurrently. If stress is left unchecked, the result is physical, emotional, and psychological distress. Two techniques that you can learn to practice are Belly Breathing and Progressive Muscle Relaxation. - *Open to All*

#I Am Who I Am

Presented by Jaclyn Grace—Westbrook High SADD Chapter and student

This workshop will teach you about who you are and who you want to portray yourself as. It will also touch base on stereotypes with some interactive activities. This a very social workshop, so be prepared to get out of your seat and mingle! - Open to High School Students Only

Getting in the “Flow” : Embracing Challenge in the Pursuit of Progress (and Happiness)

Presented by Tara Broccoli, PhD—Mitchell College Professor—Department of Behavioral Sciences

“Flow” is a state of consciousness that is tied to optimal experience (Csikszentmihaly, 1990/2008). This workshop will examine the role of challenge in creating “flow” while considering the necessity of challenge in producing enjoyment. Various applications of the principals of “flow,” to instigate progress in a multitude of domains while simultaneously improving psychological well-being, will be discussed. - Open to All

No Artificial Flavors : A REAL LIFE TALK About This Thing Called WELLNESS

Presented by Leslie Johnson

A feel-good workshop about Wellness and what it means. Discussion surrounding fitness, nutrition, and daily mindfulness. What is it? How does it all work? How YOU and others can find a fun, positive and balanced approach to living a healthy life. - Open to All

Yoga

Presented by Lisa D. King, LMT, RMT, RYT - Veterans Yoga Project, Mitchell College

Treat yourself to wellness with self care. Practice Yoga on and off the mat. Yoga is one of the best self care tools. Yoga is good for body, mind and spirit. Learn the value of asana, mindfulness, breath work, visualization, and relaxation. Essential oils and aromatherapy will be used in this presentation. - Open to All

Labyrinth Walking Meditation

Presented by Joanne Moore—Niantic Community Church

Experience a walking meditation on a labyrinth that is a replica of the one on the floor of the Cathedral of Chartres in France. This ancient practice is a tool to seek peace and inspiration or to shed negative emotions. Learn the history of the practice, both religious and secular. Learn how to draw a 7– circuit labyrinth. - Open to All

I Want to Be Heard

Facilitated by NFA Project Outreach Students

This presentation will discuss what YOU need as a student and individual in your community to thrive. What do you need in school? What resources do you need in the community? We will have conversations about the things facing you in our society and how the adults in your life can help. Conversation from this presentation will help guide the Community Foundation of Eastern CT with future grants and programs in the area. Let your voice be heard!!! - Open to Middle School Students Only

Session 2 Workshops

I Want to Be Heard

Facilitated by NFA Project Outreach Students

This presentation will discuss what YOU need as a student and individual in your community to thrive. What do you need in school? What resources do you need in the community? We will have conversations about the things facing you in our society and how the adults in your life can help. Conversation from this presentation will help guide the Community Foundation of Eastern CT with future grants and programs in the area. Let your voice be heard!!! - Open to High School Students Only

Healthy Relationships

Presented by H. Nena Lake LCSW and adjunct professor at UConn Human Development and Family Relations Department

This workshop will identify the role that you have in your family and how that influences the role you take in your friendships/relationships. Create a list of five characteristics of a healthy individual. Learn when to say “no.”— Open to All

Laughter Yoga, Gratitude, Aromatherapy

Presented by Larysa Happiness Archeologist from LarysaV123.com

How would you like to boost your immune system, lower stress and blood pressure, release endorphins, and increasing your oxygen all while having fun and laughing your heart out? What do you do when you know you want to be more grateful, and why gratitude is good for you, but you just don't know where to start? You love the smells of nature- plants, trees, flowers, citrus and want to invigorate your senses while learning how they can support your body, mind, and spirit? Then come join us for this workshop and enliven your life with Larysa Happiness Archaeologist! Essential oils will be used in this workshop.— *Open to Adults Only*

Wake Up! Stand Up! Speak Up!

Presented by Alex Wicken and Chloe Rubin, Students from NFA's GSA

This workshop explores political activism in the LGBT+ community through sharing stories, poems, raps, etc. By attending this workshop you will gain self-awareness, courage, and ideas on how to speak up for what you believe in. Participants will be encouraged to share their own stories of when they realized they needed to speak out against injustice and discrimination. This presenter was our 2018 CCC High School Catalyst Award Winner.— *Open to All*

Building Your Toolbox: A Discussion of Coping Skills and Self Care

Presented by Sam Robinson, LCSW—EMPS Mobile Crisis Intervention UCFS

Self-care is crucial for physical, emotional and mental well-being. Everyone would benefit from a toolbox stocked with items to help them to care for themselves – whether it is a physical tool box full of photos of loved ones and art supplies or a mental toolbox filled with lists of coping skills and people to call for support. Join Sam Robinson from UCFS's Clinical Community-based Services to assemble your own toolbox.— *Open to All*

Wellness as a Tool in the Prevention of Drug and Alcohol Abuse

Presented by David J. Brailey Ed.D—Mitchell College

This workshop will provide its participants with an overview of prevention theory as it pertains to adolescent drug and alcohol abuse. Current drug trends will be addressed with a focus on the appropriate scope and sequence in teaching drug education. Wellness theory will set the foundation for which primary prevention concepts will be built.— *Open to Adults Only*

QPR : Question, Persuade, Refer Suicide Prevention Training

Presented by Angelo Callis - Norwich Youth and Family Services

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of people, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. - *Open to All*

How Social Media Imposes Limitations On Females In Our Society

Presented by Students of the Westbrook High School Teen Leadership/School Climate Program under the direction of Chet Bialicki

This presentation focuses on the subliminal messages females receive every day through Social Media and how it impacts the way we feel about ourselves and our actions towards others. Detailed discussion and activities will enable participants to better understand themselves in relation to daily decision making. - Open to Middle School Females and/or those that identify as Female

“Being Yourself” : Pressures for Society that Keep Males from Sharing Their Emotions

Presented by Students of the Westbrook High School Teen Leadership/School Climate Program under the direction of Chet Bialicki

This presentation focuses on the messages males receive every day in Society which impacts the way we feel about ourselves and our actions towards others. Detailed discussion and activities will enable participants to better understand themselves and others while promoting positive social emotional well being.— Open to Middle School Males and/or those that identify as Male

Curiosity : A catalyst for Quantum Leaps

Presented by Kathleen P. O’Beirne, Life scape Enterprises

What occupations do you think benefit from having curious individuals? Why WHY? Is the most important question to ask. Take a quick survey to determine your current level of curiosity and then explore strategies for making it a habit for a lifetime. - Open to All

Reduce Anxiety / Stress Management

Presented by Lisa D. King LMT, RMT, RYT

Treat yourself to Wellness learning how to reduce anxiety and manage stress. We all have stress in our lives. It is vital to understand what to do in order to effectively manage stress and anxiety. Our body can be negatively affected by stress depending on the way we react to stressful situations. Essential oils will be used.— Open to All

Social Eyes Together: Social Improv Workshop

Presented by Robin Fox - Social Eyes Together

Improv is all about responding in the moment and building connection through communications. Isn’t that how good relationships work too? We will explore improv exercises and mindfulness as tools to become more social, more compassionate and more joyful. Come play with us! - Open to All