

# Surviving Their Adolescence

Build Your Caregiver Toolkit!  
A community caregiver health and safety event

February 4<sup>th</sup> and 5<sup>th</sup>  
5:30 pm to 8:30 pm  
Ketchikan High School

## Monday, February 4<sup>th</sup>

Featured Speakers  
Ketchikan High School Auditorium

5:30 pm to 5:40 pm      Opening and Welcome

5:40 pm to 6:30 pm      **The Amazing Adolescent Brain**  
"The Big Picture"  
Dr. Linda Chamberlain

6:35 pm to 7:15 pm      **Cyber Safety**  
Ketchikan Police Department

## Breakout Session 1 from 7:25 pm to 7:55 pm

B1      **The Amazing Adolescent Brain Workshop**  
**Special Considerations to Promote Self-Regulation and Resilience**  
Dr. Linda Chamberlain

B1      **Considerations for Adolescent Mental Health**  
Community Connections

B2      **Sexual Health and Development of Adolescents**  
Ketchikan Public Health

**Breakout Session 2 from 8:00 pm to 8:30 pm**

B2	<b>Juuling, Vaping, and E-Cigs</b> Terrence Robbins
B2	<b>Talking with Teens About Sexual Assault</b> WISH Prevention and Education
B2	<b>Considerations for Adolescent Mental Health</b> Community Connections
B2	<b>Sexual Health and Development of Adolescents</b> Ketchikan Public Health

**Tuesday February 5th**

**Featured Speakers**

**Ketchikan High School Auditorium**

5:30 pm to 5:40 pm	Opening and Welcome
5:40 pm to 6:30 pm	<b>Mindfulness, Resilience, and Regulation</b> Wendy DeGraffenried
6:35 pm to 7:15 pm	<b>Cyber Safety</b> Ketchikan Police Department

**Breakout Session 1 from 7:25 pm to 7:55 pm**

B1	<b>Mindfulness Workshop</b> <b>Mindful Eating, Mindful Breathing, and Heart Math</b> Wendy DeGaffenried
B1	<b>Healthy Fuel for Our Brains and Bodies</b> Peace Health

B1

**Youth Mental Health First Aid**  
Community Educators

**Breakout Session 2 from 8:00 pm to 8:30 pm**

B2

**Juuling, Vaping, and E-Cigs**  
Terrence Robbins

B2

**Talking with Teens About Sexual Assault**  
WISH Prevention and Education

B2

**Mindfulness Workshop**  
**Mindful Eating, Mindful Breathing, and Heart Math**  
Wendy DeGaffenried

B2

**Ketchikan Public Health**  
Sexual Health and Development of Adolescents

B2

**Youth Mental Health First Aid**  
Community Educators

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