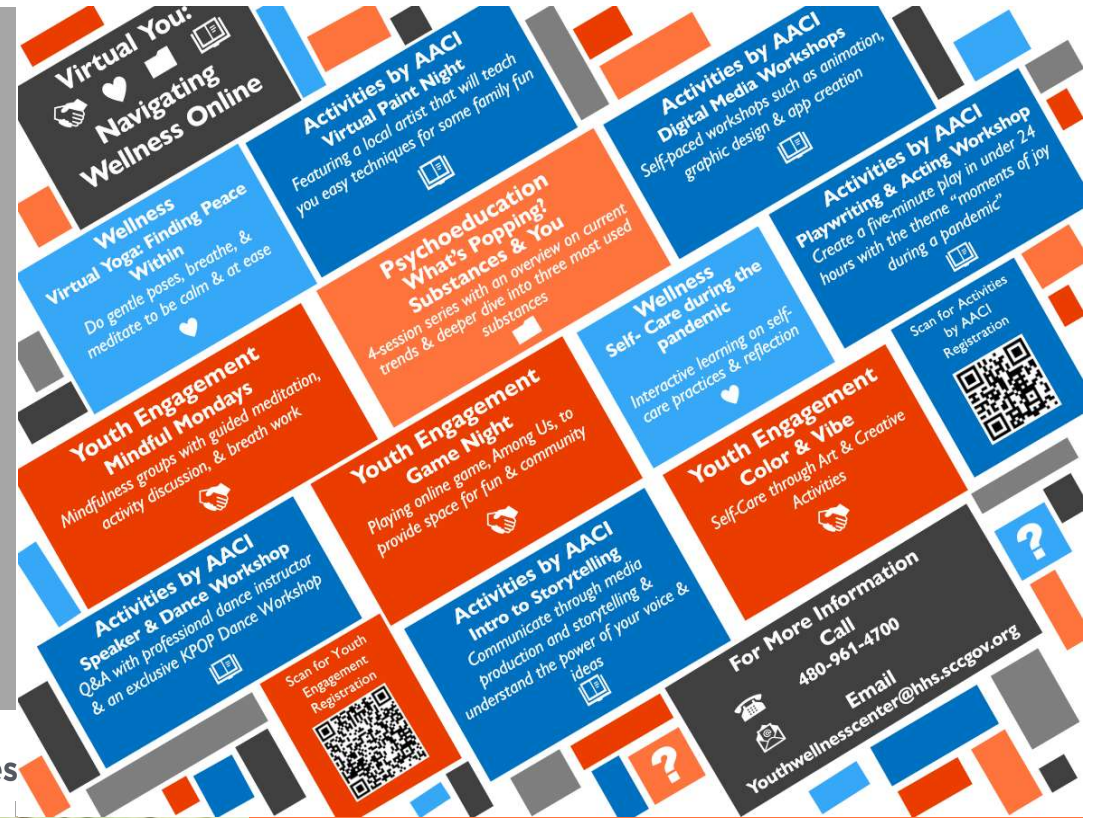


# Virtual You Navigating Wellness Online

Virtual Wellness Center providing  
Engagement, Psychoeducation, &  
Wellness Activities for  
Youth & Young adults  
Ages 12-25



SANTA CLARA COUNTY  
Behavioral Health Services

## For More Information Please Contact Us



408-961-4700



[Youthwellnesscenter@hhs.sccgov.org](mailto:Youthwellnesscenter@hhs.sccgov.org)



Check out the Virtual You Video  
[https://youtu.be/zK5ycta\\_T00](https://youtu.be/zK5ycta_T00)



# Virtual You: Navigating Wellness Online



## Activities by AACI



### Virtual Paint Night

Featuring a local artist that will teach you easy techniques for some family fun

### Digital Media Workshops

Self-paced workshops such as animation, graphic design & app creation

### Playwriting & Acting Workshop

Create a five-minute play in under 24 hours with the theme “moments of joy during a pandemic”

### Speaker & Dance Workshop

Q&A with professional dance instructor & an exclusive KPOP Dance Workshop

### Intro to Storytelling

Communicate through media production and storytelling & understand the power of your voice & ideas



COUNTY OF SANTA CLARA  
**Behavioral Health Services**



## Psychoeducation



### What's Popping? Substances & You

4-session series with overview on current trends & deeper dive into 3 most used substances

## Wellness



### Self-Care during the pandemic

Interactive learning on self-care practices & reflection

### Virtual Yoga: Finding Peace Within

Do gentle poses, breathe, & meditate to be calm & at ease

### To register for Psychoeducation or Wellness

Call Lisa Hameed at  
408-961-4700

Email

Youthwellnesscenter@hhs.sccgov.org

### To register for Activities by AACI

Scan the QR Code Below or Email  
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## Youth Engagement



### Mindful Mondays

Mindfulness groups with guided meditation, activity discussion, & breath work

### Game Night

Playing online game, Among Us, to provide space for fun & community

### Color & Vibe

Self-Care through Art & Creative Activities

## Check us out on YouTube

[https://youtu.be/zK5ycta\\_T00](https://youtu.be/zK5ycta_T00)



### To register for Youth Engagement

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