

Day	Time	Describe Your Event	Event Type	Provider	Instructor Name	Platform	Description
19 January 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
19 January 2021	3:00-5:00	Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU	Youth Engagement	BHSD	Sharla Kibel, LMFT	BHSD Zoom	Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.
19 January 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth
20 January 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
20 January 2021	4:00-5:00	Virtual Yoga: Finding Peace Within	Wellness	BHSD	Yuki Ascue, LCSW, RYT 500	BHSD Zoom	In Finding peace within Yoga class, you will do gentle poses, breathe, and meditate and find your entire being calm and at ease. You will get in touch with inner peace and find joy and happiness, your true nature. When you get off your mat, you will feel rejuvenated and will be able to sleep better.
25 January 2021	3:15-4:30	Mindfulness Monday	Youth Engagement	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
26 January 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
26 January 2021	3:00-5:00	Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU	Youth Engagement	BHSD	Sharla Kibel, LMFT	BHSD Zoom	Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.
26 January 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth.
27 January 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
27 January 2021	5:00-6:30	Youth Incubator: Speaker & Dance Workshop	Youth Engagement	AACI			Q&A with professional dance instructor & an exclusive KPOP Dance Workshop

01 February 2021	3:15-4:30	Mindfulness Monday	Youth Engagement	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
02 February 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
03 February 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
08 February 2021	3:15-4:30	Mindfulness Monday	Youth Engagement	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
09 February 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
09 February 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth.
10 February 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
16 February 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression
16 February 2021	3:30-4:30	What's Popping: Substances and You	Psychoeducation	BHSD/SUTS	Michael Shackel & Olga Salazar	BHSD Zoom	Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth.
17 February 2021	4:30-5:30	Among Us Game Night	Youth Engagement	ARCC			playing online game of Among Us to provide a space for fun and community
17 February 2021	4:00-5:00	Virtual Yoga: Finding Peace Within	Wellness	BHSD	Yuki Ascue, LCSW, RYT 500	BHSD Zoom	In Finding peace within Yoga class, you will do gentle poses, breathe, and meditate and find your entire being calm and at ease. You will get in touch with inner peace and find joy and happiness, your true nature. When you get off your mat, you will feel rejuvenated and will be able to sleep better.
22 February 2021	3:15-4:30	Mindfulness Monday	Youth Engagement	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
23 February 2021	5:00-6:00	Color & Vibe	Youth Engagement	ARCC			Self-Care through artistic expression

<b>24 February 2021</b>	<b>4:30-5:30</b>	Among Us Game Night	<i>Youth Engagement</i>	ARCC			playing online game of Among Us to provide a space for fun and community
<b>01 March 2021</b>	<b>3:15-4:30</b>	Mindfulness Monday	<i>Youth Engagement</i>	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
<b>03 March 2021</b>	<b>4:30-5:30</b>	Among Us Game Night	<i>Youth Engagement</i>	ARCC			playing online game of Among Us to provide a space for fun and community
<b>08 March 2021</b>	<b>3:15-4:30</b>	Mindfulness Monday	<i>Youth Engagement</i>	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
<b>10 March 2021</b>	<b>4:30-5:30</b>	Among Us Game Night	<i>Youth Engagement</i>	ARCC			playing online game of Among Us to provide a space for fun and community
<b>15 March 2021</b>	<b>3:15-4:30</b>	Mindfulness Monday	<i>Youth Engagement</i>	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
<b>17 March 2021</b>	<b>4:30-5:30</b>	Among Us Game Night	<i>Youth Engagement</i>	ARCC			playing online game of Among Us to provide a space for fun and community
<b>22 March 2021</b>	<b>3:15-4:30</b>	Mindfulness Monday	<i>Youth Engagement</i>	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
<b>24 March 2021</b>	<b>4:30-5:30</b>	Among Us Game Night	<i>Youth Engagement</i>	ARCC			playing online game of Among Us to provide a space for fun and community
<b>29 March 2021</b>	<b>3:15-4:30</b>	Mindfulness Monday	<i>Youth Engagement</i>	ARCC			Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30)
<b>TBD</b>	<b>TBD</b>	Digital Media Workshop	<i>Youth Engagement</i>	AACI			Self-paced workshops such as animation, graphic design & app creation
<b>TBD</b>	<b>TBD</b>	Intro Into Storytelling	<i>Youth Engagement</i>	AACI			Communicate through media production and storytelling & understand the power of your voice & ideas
<b>TBD</b>	<b>TBD</b>	Virtual Paint Night	<i>Youth Engagement</i>	AACI			Featuring a local artist that will teach you easy techniques for some family fun