



in the Episcopal Church in Delaware

invite you  
to join us via Zoom  
9-10am

## **May 7- "Impacts of the pandemic on youth mental health"**

Our youth have been affected by the conditions of Covid-19 and we need to be prepared to acknowledge their feelings and help guide them through. We will discuss important topics such as active listening, effects of frustration, self awareness and self care.

### **• June 4- "Building and strengthening your youth program"**

Social distancing and other obstacles over the last few years have left many of us with shells of our prior programs. Let's have an honest discussion of where we are and talk to some leaders who have found new tools to help maintain their programs, and to help them grow.

### **• July 9- "Community involvement and outreach"**

Connecting with other youth groups, and other community groups is a great way to infuse some energy into your program. During this fun session, we will share some of our favorite outreach activities that get our youth up and moving! We will also have a few speakers from non-profit groups in Delaware who would love to partner up with your group.

### **• Aug 6- "Responsible social media usage and engagement with youth"**

This is a fairly new topic but very important. As social media and texting become one of the main ways to communicate with youth, we need to be mindful that we are doing so in a way that is safe, responsible, and transparent. We need to protect our youth as well as the integrity of our programs.

### **• Sept- in person lunch meet up!**

We are cautiously optimistic that in September we will all be able to get together for a fun opportunity to mingle in-person and enjoy some lunch.

for more info, and to get your zoom link, email [YouthSupport@delaware.church](mailto:YouthSupport@delaware.church)