

# Know Before You Go:

**Resilient Georgia's November General Meeting: Regional Showcase**

**"Building Resilient Futures: Youth Mental Health in Action"**

**Thursday, November 13th  
11am-12:30pm**

**Zoom Link:**

**<https://us02web.zoom.us/j/88927718420?pwd=8jSosL7DzaKNMKoQq9ZUmeNGvGTuHQ.1>**

**Bonus  
Speakers!**

During this meeting **Amira Abdulhafid & Phylicia Hancle** will highlight how CWC Alliance and GUIDE, Inc's partnership at Georgia Teen Institute empowered youth to explore the connection between mental wellness and substance misuse prevention through honest dialogue, peer learning, and collaborative action planning.



## Pre-Meeting Resources:

- Check out Resilient Georgia's new Regional Coalition website!
- Learn about Reaching Teens and Resilient Teens!
- Learn about Loop It Up's Mindfulness Zones
- Learn about our partnership with the CWC Alliance in Youth Opioid Prevention

## Speakers



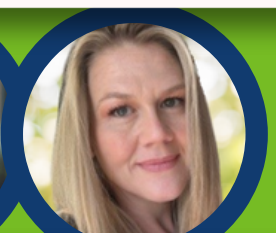
**Molly Lieberman**  
Resilient Coastal Georgia  
"School-Based Mindfulness Zones with Loop It Up Savannah"



**Anna Kate Robinson, Stephanie Mann & Sherry Deakin**  
Resilient Northeast Georgia  
"Building Resilient Futures: Youth Leading the Way"



**Rebecca Best**  
Resilient Communities of East GA  
"Resilient Teens: Empowering Teens to Rise Above Challenges"



**Christina Lennon & Jill Alexander**  
Resilient North Georgia  
"Creating an Environment Where Adolescents Thrive"



**Jade Ragin**  
Resilient Southwest Georgia  
"The Power of Youth Leadership"