

NB DEPARTMENT OF EDUCATION



# YOUTH Mental Health SYMPOSIUM

Centre of Excellence for Health

MAY 24TH 2023

## Empowering Youth – One Day at a Time

FREE conference for high school students to raise awareness and share resources regarding POSITIVE mental health.

### KEYNOTE SPEAKERS:

Sophia Kierstead Abbass - "Trauma and Mindfulness for Teens"

Jack.org - Mental Health Jack Talks

### TIME

10AM - 3:30PM

### WHERE

Wu Centre, UNB Fredericton

## EVENT REGISTRATION STARTS MARCH 17TH, 2023

Please go to the COE Health website for more information



Future  
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