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# Empowering Communities and Inspiring Youth

## Virtual Conference for Youth Grades 5-8

 October 25th, 2022 | 9:00am-2:00pm

For more information email [care.coalition@touchstonebh.org](mailto:care.coalition@touchstonebh.org)

We are excited to announce our keynote speaker, the inspirational **Brandon Farbstein**. He has inspired millions of people across the globe with his universal message of living life on your own terms, building the framework for self-acceptance, and embracing a limitless mindset.



### BRING CHANGE TO MIND

**Sharon Tuttle, M.M., M.Ed.**

#### SESSION 1 - STRESS AND CHEMICAL REACTIONS

When we experience stress, our brain and body respond by triggering a series of chemical reactions that prepare us to engage with or run away from the stressor. In this session, we will learn how our bodies natural reactions are there to give us clues and guidance to how we react to different situations.

#### SESSION 2 - CONTROLLING THE CHAOTIC MOMENTS

Even though our brain and body releases natural chemicals to prepare us for reaction, it doesn't mean we can't be in control of our decisions in all situations. In this session, we will explore and practice different strategies we can use to regain control and release the pressure before making decisions that impact ourselves and others.

