

CARE COALITION COMMUNITY TRAINING

FREE

Building Character to Build Brains



Jayne Quartz
Community Trainer
Touchstone Health
Services

This dynamic workshop is designed to empower participants with the knowledge and skills needed to foster healthy brain development and character growth in youth.

Through a framework of cultural neuroscience and hands-on activities, participants will explore the intersections between trauma, culture, protective factors, and mental health stigma.

Meaning

Connection

Empathy

Critical
Thinking



REGISTER NOW

**Thursday,
March 21st, 2024**

2:00-3:30pm

**West-Mec District Office - Board Room
5487 N. 99th Ave.
Glendale, AZ 85305**