



Connie Beck, Director
Social Services | Public Health | Behavioral Health

news release

Sept. 6, 2022

Wellness-focused series for young people to kick off today

Young people ages 16 to 26 years old are invited to learn about the importance of mental and physical wellness at the Humboldt County Transition-Age Youth Collaboration (HCTAYC) Youth Advisory Board's (YAB) virtual and in-person wellness series. This year's series is being hosted in partnership with the Eureka Sisters of Perpetual Indulgence.

At the Transition-Age Youth (TAY) center, the focus is programming around the Eight Dimensions of Wellness: Emotional, Environmental, Intellectual, Physical, Occupational, Spiritual, Social and Financial. The aim of the wellness series is to hit on most of the dimensions.

Participants who RSVP to these virtual and in-person events can schedule to have workshop supplies, wellness packs and snack and meal packages delivered to them, as well as be entered into a raffle to win big ticket wellness prizes at the closing BBQ.

Humboldt County Department of Health & Human Services Social Worker and HCTAYC Youth Organizer Rosemary Shultz said, "Connection and community between young people is more important than ever, and we at HCTAYC encourage any young people ages 16-26 to RSVP for Wellness Series workshops."

The Zoom IDs are the same across all workshops. Participants of in-person workshops will be provided with a rapid COVID-19 test and proper PPE. Participants can RSVP 48 hours in advance by emailing staff@hctayc.org or calling 707-476-4922. Transportation is available upon request.

Schedule of Events

Opening Kick Off: Tuesday, Sept. 6, in the TAY parking lot (433 M St., Eureka) and via Zoom. 3 to 4:30pm

- Onigiri workshop demonstration by YAB Sequoia member Alexis
- Receive wellness packs and be in community with transition-age youth
- Learn about the upcoming workshops and RSVP
- Zoom ID: 161 232 1979.

Madaket Tour and Ice Cream: Friday, Sept. 9, at the foot of C St., Eureka 9:30 a.m. to noon

- Meet at the Madaket launch point at 9:30 a.m.
- Madaket guided tour 10 to 11:20 a.m.
- Living the Dream Ice Cream afterward
- The boat holds up to 42, and lots of spaces are available.

Setting Foundations for Healthy Relationships with Bruce Kaye: Friday, Sept. 9, over Zoom 3 to 4 p.m.

- Learn about healthy relationships from Navajo Elder Bruce Kaye
- Zoom ID: 161 232 1979.

Glen and Ted at the Lube Rack (with special guest Dana): Tuesday, Sept. 13, 10 to 11 a.m. in person across from TAY at the Lube Rack, 1232 Fifth St., #0637, Eureka

- Learn how to check oil, fluids and tire pressures and how often to complete these tasks
- Learn how doing these things affects your safety on the road and can save you money in the long run by preventing costly repairs
- 10 participant capacity.

Situational Self Defense with Sarah James: Tuesday, Sept. 13, 3 to 5 p.m. in person at 1215 Giuntoli Lane, Arcata

- Transportation provided
- Safe space to discuss and practice basic self-defense strategies
- This class will help empower participants to recognize when, where and how to defend themselves when they feel like they are in danger.

Cards From the Stars Tarot Reading Workshop: Friday, Sept. 16, 3 to 5 p.m. via Zoom

- YAB Sequoia member Lucius will give a presentation and application of the history and symbolism of Tarot and its connection to astrology

- Readings will be offered, and participants are encouraged to give their own readings
- Tarot cards will be provided to all attendees.
- Zoom ID: 161 232 1979.

How to Build Financial Wellness Through Savings: Tuesday, Sept. 20, 1 to 3 p.m. via Zoom

- Presented by HCTAYC co-founder Jamie Lee Evans
- Come hear stories about how people save money and learn some tips on how to build financial health through saving little bits at a time
- Zoom ID: 161 232 1979.

Upcycling and Recycling: Friday, Sept. 23, 3 to 5 p.m. via Zoom

- YAB Sapling Dorothy will lead a discussion on the importance of reducing our carbon footprint
- Participants will create unique pieces of art and customize t-shirts using all thrifted and free-sourced materials
- Zoom ID: 161 232 1979.

True Self Makeover: Tips on Becoming Your True Self: Tuesday, Sept. 27, 10 a.m. to noon in person at the TAY parking lot 433 M St., Eureka

- YAB member Venus and Peer Coach Jessica will give a demonstration and workshop on one's inner self and perfecting it to match how one presents on the outside
- Makeovers will allow participants to have a base starting point they can continue to work on outside of our time together
- Beauty items provided.

Wellness Series Closing BBQ: Tuesday, Sept. 27, 3 to 4:30 p.m. in-person at the TAY parking lot 433 M St., Eureka

- Meal Provided
- Learn more about the CalFresh program, healthy eating and applying for benefits
- Reflect on the past month of Wellness Series activities
- Participate in a raffle for big-ticket wellness items including weighted blankets, air fryer and Nintendo Switch!

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