



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

## news release

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Aug. 1, 2023

### Wellness-focused series for young people kicks off Aug. 7

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 wellness week Monday, Aug. 7 through Friday, Aug. 11.

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. Some workshops include developing career and work-focused strategies and upcycling fashion.

Participants who RSVP to these virtual and in-person events will receive workshop supplies, wellness packs, snacks and meals and a small prize for each workshop, as well as be entered into a raffle to win big ticket wellness prizes at the closing barbecue.

Humboldt County Department of Health & Human Services Social Worker and HCTAYC Youth Organizer Rosemary Shultz said she's excited for the upcoming week of events, adding "connection and community between young people is more important than ever."

Rapid COVID-19 tests and masks will be available for in-person participants by request. Participants can RSVP 48 hours in advance by emailing [staff@hctayc.org](mailto:staff@hctayc.org) or calling 707-476-4922. The Zoom IDs for virtual workshops will be provided at that time. Transportation for in-person events is available upon request.

## Schedule of Events

Madaket Boat Tour: Monday, Aug. 7, (at the foot of C St., Eureka) 9 to 11:30 a.m.

- Meet at the Madaket launch point at 9 a.m.
- Madaket guided tour 9:30 to 11:30 a.m.
- The boat holds up to 42 people, and lots of spaces are available.

Opening Kick Off and Billiards: Monday, Aug. 7, in the TAY parking lot (433 M St., Eureka) 3 to 4:30 p.m.

- Meal provided
- Pick up wellness packs
- Learn about the upcoming workshops and RSVP
- Learn to play billiards inside the TAY center and connect with other youth.

Lifting the Blanket – Substance Dependency and Healing: Tuesday, Aug. 8, at the Labor Temple (840 E St., Eureka), 2:30 to 4:30 p.m.

- Learn about healing and harm reduction
- Gain knowledge and inspiration with young people who may be struggling with substance dependence
- Participants will be introduced to a model that is youth-led and county-supported.

Relationship Contract: Wednesday, Aug. 9, at TAY, 10 a.m. to noon

- Learn to communicate openly about romantic/queer/platonic relationships and to agree on boundaries, expectations and ways to make each other feel appreciated and respected
- Brainstorm what you like and want from relationships with others
- Learn to turn those ideas into a written relationship contract.

Are You (the) Missing Link(edIn)?: Wednesday, Aug. 9, via Zoom, 1 to 3 p.m.

- Join Jamie Lee Evans and Youth Advocate Izzie Davalos-Gomez for career and work-focused strategy time exploring LinkedIn
- Learn about what LinkedIn is, what it can do for you and how to use it
- Participants will receive a \$25 gift card to help support career aspirations.

Onigiri for Healing 2.0: Wednesday, Aug. 9, at TAY, 4 to 6 p.m.

- Discuss self-care practices, how to maintain wellness and ways to rejuvenate ourselves
- Youth Advisory Board member Sequoia Alexis will share ideas about how they care for their well-being and have attendees share how they practice personal wellness
- All ideas will be put in a handout to keep at TAY for any youth needing wellness care ideas
- Onigiri bento boxes will be provided for participants during the workshop to promote a casual community discussion that leaves attendees not feeling pressured or overly vulnerable.

Spiritual Development with Bruce Kaye: Thursday, Aug. 10, via Zoom. 10:30 to 11:30 a.m.

- Presented by Navajo Elder and Cultural Coach Bruce Kaye
- Learn about the Spiritual Intelligence concept and how to develop it for transition-age youth.

Upcycling Fashion: Thursday, Aug. 10, in the TAY parking lot, 12:30 to 2:30 p.m.

- Youth Advisory Board member Dorothy Scott 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.

Color Wheel and Painting Fundamentals: Thursday, Aug. 10, (outside location TBD). 3:30 to 5 p.m.

- Youth Advisory Board member Robin Kubik will teach participants how to mix paint, the theory behind the color wheel, complementary colors, creating gray scales and chromatic black by mixing complementary colors.

Wellness Series Closing BBQ: Friday, Aug. 11, at the TAY parking lot, 3 to 4:30 p.m.

- Meal provided
- Learn more about the CalFresh program, healthy eating and applying for benefits
- Reflect on the past week of activities
- Participate in a raffle for big-ticket wellness items!

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