



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

## news release

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Aug. 12, 2019

### Seventh annual Wellness Week kicks off today

Young people ages 16 to 26 are invited to learn about the importance of mental wellness at the Humboldt County Transition-Age Youth Collaboration (HCTAYC) Youth Advisory Board's seventh annual Wellness Week.

This year's Survivor-themed Wellness Week begins Aug. 12, at the Humboldt County Department of Health & Human Services Transition-Age Youth (TAY) Division. HCTAYC Youth Organizer Calla Peltier-Olson said, "This year's theme is a fun way to call to the resiliency that system-involved youth embody every day."

Workshops developed by young people will challenge youth to explore the eight dimensions of wellness, defined by the Substance Abuse and Mental Health Services Administration as social, physical, emotional, spiritual, occupational, financial, environmental and intellectual health.

Some of the scheduled events include a storytelling workshop, exercise class and a hike on the south jetty followed by a beach cleanup. And for the first time, young people can plant their own miniature garden. Wellness Week wraps up with food, art and games at the TAY office on Friday, Aug. 16.

The TAY Division serves young people with lived experience in foster care, behavioral health, homelessness, alcohol and drug treatment and/or the juvenile justice systems as they transition into adulthood and independence.

All events are free. A full schedule is available at the TAY Division office at 433 M St., Eureka. To learn more about HCTAYC, call 707-476-4922 or email [humboldtyouth@gmail.com](mailto:humboldtyouth@gmail.com).

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