



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

news release

Sept. 15, 2021

Virtual youth wellness events run through October

Young people ages 16 to 26 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 first virtual wellness series.

Prior to the COVID-19 pandemic, HCTAYC hosted an annual Wellness Week full of in-person events and workshops.

HCTAYC Youth Organizer Rosemary Shultz said, "At the Transition-Age Youth (TAY) center we focus our programming around the Eight Dimensions of Wellness: Emotional, Environmental, Intellectual, Physical, Occupational, Spiritual, Social and Financial. With this wellness series, we aim to host workshops that hit on most of these dimensions."

Participants who RSVP to these virtual events can schedule to have workshop supplies and care packages delivered to them, as well as be entered into a raffle.

Events include

Friday, Sept. 17, 4-4:45 p.m.: "Tea-riffic" with Shayna McCullough from the Yurok Tribal Court's Native Connections Youth At-Risk Program will talk about the health benefits of tea.

Friday, Sept. 24, 4-5:30 p.m.: "Cherokee Salves" with Youth Advocacy Board member Alexis who will focus on how to make traditional medicinal salves.

Tuesday, Sept. 28, 3-5:30 p.m.: "Movie SOUL Night" will be hosted by Shultz. Attendees will watch the Disney Pixar movie Soul over Zoom with a discussion to follow.

Thursday, Sept. 30, 3:30-4:30 p.m.: "Pier Crabbing" will be hosted by TAY Supervisor Dana Taylor and two youth and will feature an informative video they made about pier crab fishing.

Monday, Oct. 4, 4-5:30 p.m.: "Build Credit Like a Boss" will be hosted by Jamie Lee Evans an international expert on youth leadership who will discuss financial literacy for TAY and how to build credit.

Friday, Oct. 8, 4-5:30 p.m.: "Powerful Parenting in Practice" will be hosted by TAY collaborator Kat Kabick who will share knowledge and discuss the power of parenting and its impact on future generations

Shultz said the workshops will be fun and informative and will give participants a chance to be with their peers. "Connection with other youth is so important now more than ever, and we invite any young people interested in attending to RSVP," Schultz said.

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. RSVP at least two days prior to each event to attend and get a care package and necessary workshop supplies delivered. Email staff@hctayc.org or call or text Rose at 707-298-5190 or Kelsey at 707-298-5184.

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