

Monthly Gathering Calendar

Purpose: To share experiences, discuss challenges, and celebrate successes while learning about topics such as near-peer mentoring, skills-based mental health educational techniques, behavioral health field exploration, secondary trauma, compassion fatigue, and youth advocacy



Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Celebration!
Skill	Intro to Monthly Meetings and Community Logistics	Intro to MentalHealth Support	Secondary Trauma, Compassion Fatigue	How to Give and Receive Feedback	Intro to Resume and LinkedIn Networking	Day in the Life of an MSW Panel	Advocacy Through a Youth Lens	End of the Year Party!
Key Takeaway	Meet Peer Health Exchange and Insidetrack, partners for the Youth Mental Health Corps members	Recognize four signs of poor mental health Create and follow a self-care plan	Know the two types of transference Know three ways to overcome compassion fatigue	Learn about the SBI method of giving feedback Practice identifying bias	Learn two things recruiters look for in resumes Learn how a recruiter finds candidates on LinkedIn	Recognize one interesting aspect of social work Learn ways to become become an MSW	How young people can influence policies that affect their communities.	Come celebrate your hard work with raffles, trivia, and hear from alumni!
Length	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN community building	1 HR skill building 30 MIN Community Building	1 HR skill building 30 MIN Community Building
Date	October 1st 10AM PT 11 AM MT 12 PM CT 1 PM ET	November 12th 10AM PT 11 AM MT 12 PM CT 1 PM ET	December 10th 10AM PT 11 AM MT 12 PM CT 1 PM ET	January 14th 10AM PT 11 AM MT 12 PM CT 1 PM ET	February 11th 10AM PT 11 AM MT 12 PM CT 1 PM ET	March 11th 10AM PT 11 AM MT 12 PM CT 1 PM ET	April 8th 10AM PT 11 AM MT 12 PM CT 1 PM ET	May 13th 10AM PT 11 AM MT 12 PM CT 1 PM ET

