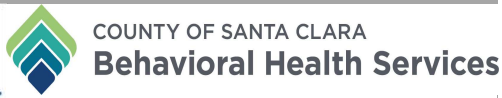


Virtual You Navigating Wellness Online

Virtual Wellness Center providing
Engagement, Psychoeducation, &
Wellness Activities for
Youth & Young adults
Ages 12-25



SANTA CLARA COUNTY
Behavioral Health Services

For More Information
Please Contact Us



408-961-4700



YouthWellnessCenter@hhs.sccgov.org



Virtual You: Navigating Wellness Online



Activities by AACI



Graphic Ad Camp

Learn to create a digital graphic ad like a professional by developing a concept & bringing it to life

Audio Production Basics with iPad/iPhone-Podcasting

Make a mini-podcast together & learn the basics in podcast production & development using just a tablet or phone

Visual Literacy & Intro Storytelling

Learn how to communicate through media production & understand the power of your voice & ideas

To register for Activities by AACI

Scan, call, or email Lisa Hameed at 408-961-4700

Youthwellnesscenter@hhs.sccgov.org



Youth Engagement



Expressive Art

Engage with youth & young adults about self-care & mindfulness during activities such as drawing, painting, glitter jars, slime, collages, mandalas, & more

To register for Expressive Art

Scan, call, or email Lisa Hameed at 408-961-4700

Youthwellnesscenter@hhs.sccgov.org



Wellness



Self-Care during the pandemic

Interactive learning on self-care practices & reflection

Virtual Yoga: Finding Peace Within

Develop flexibility, strength, balance, & focus through yoga

To register for Wellness

Call 408-961-4700

Email Lisa Hameed

Youthwellnesscenter@hhs.sccgov.org

Psychoeducation



What's Popping? Substances & You

4-session series with Overview on current trends & deeper dive into 3 most used substances



Be Sensitive, Be Brave Suicide Prevention

Foundational course in suicide prevention that teaches community members to act as eyes & ears for suicidal distress. Helps connect individuals with appropriate services

Be Sensitive, Be Brave Mental Health

Foundational information about mental health & mental illness. Prepares community members to help friends & loved ones during times of distress

For More Information & To Register

Scan the QR Code

Call 408-961-4700

Email Lisa Hameed at

Youthwellnesscenter@hhs.sccgov.org