



"How-To" Breakout Session

3rd Annual Crow Wing Energized Health & Wellness Summit | January 29 from 7am - 1pm
Lakewood Evangelical Free Church, 6284 Fairview Road, Baxter, MN

Subject: Building Resiliency in Youth

Presenter(s): Amynda Hadfield, Kathryn Pietz, Susan Beaulieu, Tom Gonzalez

Champion: Amynda Hadfield

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Champion: Susan Beaulieu

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Who should be involved? Anyone who is concerned about ACEs in our community and building resiliency.

Partnership Opportunities (contact information): We have a trained group of presenters to educate our community ACEs and resiliency.

Resources Needed:

1. Sign up today and we will contact you about presenting ACEs to your organization.
2. A two-hour presentation is preferred, but can make adjustments for most schedules.
3. _____
4. _____
5. _____

Timeline: We are ready to present now!

Budget: There is no cost for presentations.

Tips for Success: Invite as many people as possible and be ready to work together to reduce ACEs and resiliency in your setting.

How to Sustain Efforts: Gain as much knowledge as you can; network with others in the area; to build resiliency; work on your own health.