

YLMH Schedule 2025

(Subject to change)

DAY 1 - Monday 6/16 - Networking & Meeting New Friends

TIME	TOPIC	SPEAKER
8:30 - 8:50 AM	Check in at the CRC Teen Center	YAC
8:50 - 9:05 AM	Effective Communication Activity	
9:05 - 9:35 AM	Story of My Success	Chris Ghione, Recreation Director
9:35 - 9:55 AM	Creativity Challenge	
9:55 - 10:35 AM	YAC Presentation	YAC
10:35 - 10:55 AM	Team Building Challenge	
10:55 - 11:50 AM	Finding Your Leadership Identity	Chris Ghione, Recreation Director
11:50 - 12:00 PM	Quick-Thinking Activity	
12:00 - 12:30 PM	Lunch	
12:30 - 1:45 PM	Animal Balloons Face Painting	YAC & Advisor Chiquy
1:45 - 2:15 PM	Cooperation Challenge Activity	
2:15 - 2:30 PM	Key Takeaways and Reminders	

DAY 2 - Tuesday 6/17 - Building Blocks

TIME	TOPIC	SPEAKER
8:30 - 8:40 AM	Check in at the CRC Teen Center	YAC
8:40 - 9:00	Listening Skills Activity	
9:00 - 10:00 AM	Courage in Leadership	Mark Turner, City Mayor
10:00-10:25 AM	Strategy Challenge	
10:25 - 11:10 AM	Marketing Your Ideas	YAC
11:10-12:00 PM	Overcoming Barriers in Leadership	Christina Turner, City Manager
12:00 - 12:30 PM	Lunch	
12:30 - 1:45 PM	Animal Balloons Face Painting	YAC & Advisor Chiquy
1:45 - 2:15 PM	Public Speaking Activity	
2:15- 2:30 PM	Key Takeaways and Reminders	
6:30 - 8:00 PM	YAC Orientation for Parents & YLMH Participants (On Zoom)	

DAY 3 - Wednesday 6/18 - Leading From Within

TIME	TOPIC	SPEAKER
8:30 - 8:40 AM	Check in at the Magical Bridge Playground	YAC
8:40 - 9:40 PM	Building Trust Activity / Scavenger Hunt	YAC
9:50 - 10:50 PM	You and Your Mental Health	Matthew Rensi, Community Solutions
10:50 - 11:10 PM	Critical Thinking Activity	
11:10 - 12:00 PM	Nutritional Learning	Brooke Cisewski, Smruti Nalawadi
12:00 - 12:30 PM	Lunch	
12:30 - 1:20 PM	Be Active, Be Happy!	Advisor Chiquy
1:20 - 2:05 PM	Calm Your Mind and Body	Debbie Stocksick
2:05 - 2:15 PM	Making Connections	
2:15 - 2:30 PM	Key Takeaways and Reminders	

DAY 4 - Thursday 6/19 - Putting Your Best Foot Forward

TIME	TOPIC	SPEAKER
8:30 - 8:50 AM	Check in at the City Chamber (17555 Peak Ave.)	YAC
8:50 - 9:45 AM	Nuances of Body Language	YAC & Advisor Chiquy
9:45 - 10:05 AM	Adaptability Activity	
10:05 - 11:05 AM	Interviewing 101	YAC & Advisor Chiquy
11:05- 11:25 AM	Attention to Detail Challenge	
11:25 - 12:00 AM	Express Your Experience	Advisor Chiquy
12:00 - 12:30 PM	Lunch	
12:30 - 2:00 PM	Testimonials, Graduation, Group Pictures, and YAC Interview Reminders	