



**ALEX
PANTON**
FOUNDATION

EMPOWERING YOUTH, INSPIRING HOPE

CERTIFICATION OF PARTICIPATION

22ND FEBRUARY 2020
RITZ CARLTON, GRAND CAYMAN

Youth Ambassador Panel (45mins)

How to “think” with your feet: Empowerment through facing your fears. (55mins)

The Power of Prevention: Zippy & Apple’s Social Emotional Literacy Programme (45mins)

5 Myths about Youth Mental Health (45mins)

Participant’s name



Dr Erica Lam
Clinical Consultant
Alex Panton Foundation

