

2024 YOUTH MENTAL HEALTH SYMPOSIUM

BUILDING BRIDGES

Acceptance, Belonging, and the Power of Connection.



Bridging the Generational Gap of Understanding	(30 mins)
Emotional Literacy Programme Update	(15 mins)
Building Resilient Brains: Understanding the Power and Importance of Early Childhood Connections in Preventing Mental Health Problems	(40 mins)
Youth Ambassadors Panel: Acceptance, Belonging and the Power of Connection: Can Youth Lead the Way?	(40 mins)
MindCraft: Biometric Gaming for Resilience	(50 mins)
Hidden Blessings: Finding the Good in the Bad	(40 mins)
APF Updates: Kids Helpline & Alex's Place	(20 mins)
Acceptance, Belonging and Connection – why they form the cornerstones of emotional wellbeing and how they affect those who are discriminated against	(40 mins)
Connection: Regulation, Acceptance, Mindfulness and Attachment	(40 mins)

17 February, 2024

Name of Participant

Date

Dr Erica Lam, Clinical Consultant, Alex Panton Foundation