Virtual You: Navigating Wellness Online

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

For More Information Please Contact Us
408-961-4700
YouthWellnessCenter@hhs.sccgov.org
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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
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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

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.

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.

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