

OPHS COUNSELING NEWSLETTER

Important Dates

May is National Mental Health Month

- **April 26th:**
 - APC Spring Bling Kick Back - during student lunch in the Pavillion
- **April 30th:**
 - 6-8:30pm: Career and College Knowledge Night - IN PERSON - *See page 7 for flyer*
- **May 3rd:**
 - *Senior Survey DUE*
- **May 3rd:**
 - Student lunch: Cinco De Mayo Loteria Game in the Wellness Center
- **May 3rd - May 17th:**
 - AP Testing
- **May 5th - 10th:**
 - Teacher Appreciation Week
- **May 9th:**
 - Student lunch: Healthy Coping Skills Activity in the Wellness Center
- **May 13th:**
 - Student lunch: Keep Calm and Chalk Art Activity at the Wellness Center
- **May 15th:**
 - 12-12:30pm: Transition to College Presentation for Seniors in College and Career Center
- **May 15/16th:**
 - Senior Finals
- **May 16th:**
 - Student lunch: Keep Calm and Color in the Wellness Center
- **May 17th:**
 - Student Lunch: Keep Calm and Play a Game on the Great Lawn
- **May 20th:**
 - Student Lunch: Keep Calm and Watch a Movie in the Wellness Center
- **May 21st:**
 - Student Lunch: Keep Calm and Watch a Movie in the Wellness Center
- **May 22nd-24th:**
 - 9-11th grade Finals - MINIMUM DAYS
- **May 24th:**
 - Last Day of School

The end of year countdown has officially begun with 20 days left of the 2023-2024 school year. The OPHS Counselors have enjoyed supporting the OPHS community this past year and look forward to seeing everyone back for the 2024-2025 school year! We wish our Seniors all the luck on their next adventure, wherever post-high school life leads them. Please continue to encourage your student to utilize any of the academic support available and listed below, as needed.

- Attending support period.
 - Create intention for the week as to what teacher/class they will attend for each support that week.
- Free tutoring through the Ventura County Libraries:
 - [Brainfuse HelpNOW](#)
- Math Honors Society support times included in flyer below.
 - [MHS Flyer](#)



Newsletter Overview

- Supporting Your Student Through Academic Stress: Tips for Parents
- Course Advisement Reminders
- Summer School Information
- APC Updates
- College and Career Center Announcements
- College Knowledge Night Flyer & Information
- Wellness Center Announcements

OPHS Counselors

Fatima Hernandez - Wellness Counselor
 Janet Svoboda - 9th Grade Counselor
 Caity Katz - 10-12 Counselor A-Fi
 Andrea Lanter - 10-12 Counselor Fj-Ln
 Jenny Charrett - 10-12 Counselor Lo-Ro
 Ranju Matson - 10-12 Counselor Rp-Z
 Amanda Fitts - College & Career Counselor

Supporting Your Student Through Academic Stress: Tips for Parents

As students continue to navigate their academic journey, it's essential to address a prevalent issue affecting many high school students: academic stress. As partners in your child's education, the OPHS counseling department is committed to providing support to both students and parents in managing this stress effectively. Academic stress can manifest in various ways, from feelings of overwhelm and anxiety, to avoidance of school, tests/quizzes, or extracurricular/social activities, to physical symptoms such as headaches, stomachaches, and exhaustion.

Recognizing the signs of stress in your student is the first step toward providing the support they need to thrive. Here are some strategies to help your teen cope with academic stress:

1. Foster open communication:

- Create a safe and supportive environment where your teen feels comfortable discussing their academic concerns. Encourage them to share their challenges and worries with you without fear of judgment. Active listening and validation of their feelings can go a long way in easing their stress.

2. Encourage a healthy balance:

- Help your teen strike a balance between academics and other aspects of their life, such as extracurricular activities, socializing, and relaxation. Remind them that it's okay to take breaks and prioritize self-care, as this can help prevent burnout and improve overall well-being.

3. Teach stress management techniques:

- Equip your teen with practical strategies for managing stress, such as deep breathing exercises, mindfulness meditation, and progressive muscle relaxation. Encourage them to find activities that help them relax and unwind, whether it's reading a book, going for a walk, or listening to music.

4. Promote effective study habits:

- Help your teen develop effective study habits and time management skills to reduce feelings of overwhelm. Encourage them to break tasks into smaller, manageable chunks, create a study schedule, and prioritize their responsibilities. Remind them that seeking help from teachers or tutors is a sign of strength, not weakness.

5. Seek support when needed:

- If your teen is struggling with academic stress, don't hesitate to reach out to the counseling department for support. Remember, academic success is important, but so is your teen's mental and emotional well-being.



Counseling Department

Course Advisement Reminders

- If you did not meet a prerequisite to request a class or if your 2nd semester grade makes you no longer eligible, you may appeal to enroll in the class.
 - Appeal information will be sent out in May via email. *Please note: 2nd semester grades do factor in to appeal decisions.*
- Counselors will not be accepting course request changes after the last day of school. If you would like to make a change to your requests, please reach out to your counselor before May 24th.



Summer School Information

Acceleration Process:

If your student is interested in taking a course over summer for acceleration purposes, please review the [Outside Courses for OPHS Credit page](#) located in the Course Catalog. This [Alternative Credits from Non-OPUSD Accredited Institutions Form](#) **must be completed for prior approval before registering for the course.**

Please note: students may only complete a MAXIMUM of 10 credits per school year and per subject area. For any questions regarding summer school, please review this [Frequently Asked Document](#) prior to emailing your counselor. *Please see page three for the summer school flyer.*

Remediation Process:

For students needing to remediate a semester or year-long course, students must complete the [Non-OPUSD Course For Remediation Form](#) and submit it to their counselor for approval prior to registering for any outside OPUSD program. OPUSD will be offering a remediation summer school with various class options. Please monitor your email for more information. You can find a list of outside OPUSD program options listed on page 4 of this newsletter.

Summer School Information Flyer



HIGH SCHOOL SUMMER SCHOOL OPPORTUNITIES

Please plan to speak with your counselor about your outside credit plans. They will help you think through all the possible implications of taking a particular course.

****BEGINNING SUMMER 2024****

Beginning summer 2024, Oak Park High School students may take **up to 40 outside credits** from non-OPUSD accredited institutions to meet a graduation requirement and be applied to their OPUSD transcript for "Credit/No Credit" (**10 credits per academic year**, not to exceed 40 credits total). Students may take a course in any [UC A-G subject area](#) (see [FAQ](#) for details).

- Outside courses from non-OPUSD accredited institutions include:
 - **Concurrent enrollment** (courses taken at a California Community College),
 - Courses taken at **regionally accredited (e.g., WASC-accredited) institutions**, or
 - An **advanced course not offered at Oak Park High School**.
- Upon completion of non-OPUSD courses and submission of an outside transcript, courses will be placed on the OPUSD transcript as "**Credit**" (if passing grade) or "**No Credit**" (if not passing grade), and **will not be included in the student's Grade Point Average (GPA) calculation**. Once outside credits are placed on the OPUSD transcript, they may not be removed. Please send transcripts to kalba@opusd.org.
- While any graduation-required course may be taken outside, it is **strongly** recommended that courses taken in sequence (for example, Algebra 1 → Geometry → Algebra II) be taken at OPHS. OPUSD cannot guarantee that a course taken off campus will prepare you for the sequential class in the same way as taking the course at OPHS.
- Please visit the [Alternative Credits Toward Graduation Frequently Asked Questions](#) for more details and information.

****Students planning to take an outside summer school course need to receive prior approval before the course starts. Please complete [this form](#) to start the approval process.****

OPHS Geometry for Acceleration

UPDATE OPUSD will offer a **free Geometry for Acceleration** class again this year (final year). The course is available for any **rising 9th-12th grader** who has successfully completed Algebra I with a C- or better in the first 3 quarters. Please complete the [Geometry for Acceleration Request](#) form by April 15. Priority will be given to current high school students. However, students may take Geometry for acceleration at any of the approved accredited outside institutions listed on this flyer. This is the only course for acceleration that is being offered by OPUSD.

The course will occur May 29th - July 2nd at Oak Park High School.

OPUSD Credit Recovery Summer School

Students may enroll in OPUSD's free credit recovery summer school, if they qualify, with guidance from their assigned high school counselors. Any student who earns a D or F in a graduation-required course should enroll in the OPUSD Credit Recovery Summer School program. This program is for students needing to repeat one or two semesters of a course in order to amend their grade.

**This year the OPUSD Credit Recovery Summer School program will occur
May 29th - July 2nd at Oak Park High School.**

Summer School Information Flyer - Page Two

Approved Outside Accredited Institutions for Summer School/Alternative Credits

*Fee based programs are indicated by an *.*

Any California Community College

High school students are permitted to enroll in community college courses, provided that they have parent/guardian consent, have the consent of their high school administration, and meet college requirements. While tuition is free for HS students, some fees may apply.

[Ventura County Community College District](#) ~ [LA Pierce College](#) ~ [Summer Experience at SMC](#)

APEX Learning* apexlearningvs.com/summer-school

BYU High School Courses* is.byu.edu

Conejo Schools Foundation Get Ahead Program*

conejoschools.org/programs-initiatives/get-ahead-program

Futures/FusionAcademy* fusionacademy.com/summer-programs

Mt. San Antonio College High School Program mtsac.edu/sce/hsr

Oak Park Education Foundation Summer School Program*

oakparkeducationfoundation.org/

River Oaks Summer Academy riveroakscharter.com/family-resources/learning-for-mastery

Silicon Valley High School* svhs.co

Stanford Online* onlinehighschool.stanford.edu/#fastfacts

UC Scout on Demand* ucscout.org/on-demand

Vista Real Charter/Mission Academy <https://missionacademy.elev8schools.org/>

IMPORTANT

Please discuss any questions or concerns regarding outside courses with your OPHS counselor. Once you know the outside course and institution, complete [OPHS Alternative Credits](#) form. (If you need to remediate a course, please reach out to your counselor. You do not need to complete this form.)

Once the outside course is completed, it is the student's responsibility to request an official transcript be sent to OPHS. A delay in submitting an official transcript may affect a student's school schedule.

Please visit the [Alternative Credits Toward Graduation Frequently Asked Questions](#) for more details and information.



NOTE: This list is neither an endorsement of or recommendation for any particular program or school. It is the student/parent/guardian responsibility to determine if the program/school/course they choose is accredited/if a transcript, credits, and a grade or grades are going to be provided. It is also the responsibility of the student/parent/guardian to ensure that the final transcript from the program/school is provided to the OPUSD school upon completion (if the student/parent/guardian wants the grade on the transcript). OPUSD is not liable or responsible for fees and charges required by non-OPUSD programs voluntarily taken by students for alternative credits toward graduation. It is the responsibility of the student/parent/guardian to confirm that any program selected is WASC accredited (or its equivalent) and that any course completed meets the UC/CSU A-G and/or NCAA regulations and requirements for those courses to be applied to the high school transcript.

Advanced Peer Counseling

For over 30 years, Advanced Peer Counseling has been dedicated to providing support to students, offering guidance, understanding, and compassion to our peers, along with fostering a culture of inclusion, acceptance, and mental health awareness on our campus. We believe in the ability to create positive peer connections so that all students can succeed in their high school life.

Freshman Mentoring is a program in which Advanced Peer Counselors visit freshman PE classes monthly to talk about a variety of social/emotional topics, while creating positive peer connections. The last meeting for the year was held April 15 and 16, and the topics were empathy and compassion!

Beginning Peer Counseling had its final meeting on April 25th. Interviews for Beginning Peer Counselors interested in becoming an Advanced Peer Counselor recently concluded. Selections for APC will be finalized and all applicants will be notified before the last day of school.

APC hosted a Spring Bling Kickback event on Friday, April 26th, at Lunch in the Pavilion. Students enjoyed snacks and spent quality time with friends while making necklaces and bracelets. This was our last school-wide event this year!



And lastly, thank you to all our outgoing Seniors who have helped this year's Advanced Peer Counseling program run so amazingly. We wish you all the best in your future plans as incredible young adults!

College and Career Center

Career & College Knowledge Night:

Tuesday, April 30 @ 6:00 - 8:20 p.m. This event takes place at Oak Park High School for Oak Park and Las Virgenes Unified School District families and is sponsored by the OPHS PFA.

[Click here](#) for the session descriptions.

SENIORS:

Senior Survey: In order to participate in the graduation ceremony AND to have a final transcript sent to their college, seniors must complete the [OPHS Senior Graduation Survey](#) in Naviance. This is mandatory for all Seniors. **The survey is due Friday, May 3.**

Scholarships

- The [AJ Wang Scholarship Fund](#) is offering scholarships to students planning to attend a participating community college who have a 2.5 or higher GPA. [Click here](#) for additional information and the application.
- Additional scholarship opportunities are available on the [College and Career Center website](#).
- If you received a national or local scholarship (not a college-specific scholarship), please notify Ms. Fitts at afitts@opusd.org or Mrs. Preston at apreston@opusd.org as soon as possible, and no later than May 10.

The Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA) is Required for Seniors!

- High school seniors must complete a Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA), per AB 469. Students may alternatively complete an opt-out form by contacting Ms. Fitts at afitts@opusd.org or Mrs. Preston at apreston@opusd.org. The deadline to submit the FAFSA to qualify for a Cal Grant is May 2nd. Check your colleges' financial aid websites for deadlines.

College and Career Center

SAVE THE DATE!

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**Tuesday
April 30, 2024**

Oak Park High School
899 Kanan Road
Oak Park, CA 91377

Schedule:

5:15 pm:

SAT/ACT Test Prep
Vendor Fair & Food Trucks

Jeng Academic Center,
Tried & True Tutoring,
Know It All Tutors,
Transcend Prep,
Compass Education Group

Epic Tacos LA &
All American Softy

6:00 pm:

Introduction with
Dr. Jeff Davis,
OPUSD Superintendent
in the Oak Park High
School Pavilion

6:30 – 7:00 pm: Session 1

7:10 – 7:40 pm: Session 2

7:50 – 8:20 pm: Session 3

All families are invited!
Additional details will be shared soon.

CAREER & COLLEGE KNOWLEDGE NIGHT

Select from the Following Sessions:

- | | |
|--|-----------------------------|
| UC System | College Admission Testing |
| CSU System | Highly Selective Colleges |
| Community College | Careers in Government |
| College 101 | NCAA Guidelines |
| Private Colleges | Naviance |
| Financial Aid | Art & Fashion Schools |
| College Essays | A+ Colleges for B+ Students |
| Engineering Pathways | Gap Year Options |
| U.S. Military Academies | |
| International College Admission | |
| Affordable Out-of-State Colleges | |
| Sports Management Programs | |
| Navigating College for Students Who Learn Differently ...and more! | |

Featuring Speakers from the Following Organizations:

- | | |
|---|------------------|
| Cal State Channel Islands | UCLA |
| California Lutheran University | USC |
| Syracuse University | Moorpark College |
| University of Utah | |
| Department of Homeland Security | |
| U.S. Air Force Academy | |
| Fashion Institute of Design & Merchandising | |
| American University of Rome | |
| ...and more! | |

*Sponsored by the Parent Faculty Associations at Oak Park, Agoura, and Calabasas High Schools; Hosted by the OPHS, AHS, and CHS College & Career Centers

College and Career Center

HEADS UP! WE ARE HOSTING A

COLLEGE ESSAY WRITING WORKSHOP

FEATURING **MINDI TRIMBLE**
OF COLLEGE ESSAY GUY



WHO:

Oak Park High Rising Seniors

WHEN:

10:30am-12:00pm on May 28, May 29, and
May 31 2024

REGISTER HERE for the Zoom link!

<https://forms.gle/6LXJ8Bbq4Yhv5PQts>

TOPICS:

- Brainstorming
- Structure
- Upleveling and live feedback
- Supplemental Essays

WHAT IS COLLEGE ESSAY GUY?

Each year, the expert team of coaches at **College Essay Guy** help students from around the world write amazing college application essays through free guides and resources, workshops, online courses, scholarships, podcast, and blog.



College Essay Guy[™]
www.collegeessayguy.com



Sponsored by the OPHS PFA

Oak Park High School

PFA 

IN THESE WORKSHOPS, YOU'LL DISCOVER:

- What is my deepest story?
- How do I outline and structure it?
- How can I make my story, like, deep?
- What mistakes should I avoid when writing my supplemental essays?
- How do I write the Why Major and Extracurricular Activity essays?
- How do I save time writing my essays?

Want more college essay and application help?

Visit www.CollegeEssayGuy.com

College and Career Center

SUMMER COLLEGE APPLICATION BOOT CAMP



SCAN HERE

Join the OPHS College & Career Center for a Summer College Application Bootcamp!

Who: Seniors (Class of 2025)

When: July 30 - August 1 from 1:00-4:00 pm each day

Where: Oak Park High School, Room G-9

Topics that will be covered include:

- Building the College List
- Common Application
- UC Application
- Resume
- College Essays
- Naviance tasks and more!

The College Application Bootcamp is a FREE resource to all Oak Park High School seniors.



Volunteer Opportunity

CILT = Camp Internship for Leadership Training
For students entering 10-12 grade in the Fall

Why Become a CILT?

- Be a role model and mentor
- Earn volunteer hours to meet high school requirements
- Build skills for college and the workplace
- Develop leadership skills
- Grow through coaching and receiving feedback
- Have fun, learn new skills, and build better people

Learn more at ck.camp/CILT



"It is so empowering to have a bunch of kids looking up to you and believing in you"
- Camp Kinneret CILT



P.O. BOX 329
Agoura Hills, CA
91376-0329
818-706-8255

Camp Internship for Leadership Training (CILT) Program with Camp Kinneret

Our volunteer internship program for students entering 10th, 11th, and 12th grade in the fall is a tech-free learning and training program where high school interns develop their leadership, communication, problem-solving, and public speaking skills through teaching, playing with, and learning from children. Our program provides young people with the empowering opportunity of becoming role models for our campers as they learn about different leadership styles. Through this experience, CILTs make a positive impact in their community while gaining the necessary 21st century skills that colleges and workplaces look for.

CILTs are placed with campers of different ages and stay with the same group of campers for 2 – 3 weeks at a time. CILTs are required to attend a minimum of two rotations. For this upcoming summer, our rotations are Rotation 1: June 17th – July 5th, Rotation 2: July 8th – July 19th, Rotation 3: July 22nd – August 2nd, and Rotation 4: August 5th – August 16th. Rotations 2 and 3 only have a few spots left while Rotations 1 and 4 have more availability.

Interested students can learn more and submit an application at ck.camp/CILT. Our final CILT Group Interview is coming up on Tuesday, May 14th at 4:00pm, so we ask that interested applicants submit their application prior to the 14th so they can attend that Group Interview!



STOP THE BLEED WORKSHOP

✉ hari@hsafp.org

☎ 925-819-4215

Aspiring Physicians: Join us and explore the path to becoming a doctor with firsthand insights from a **medical student** and learn essential life-saving techniques in a free hands-on workshop led by the **United States Army** and their medics.

Registration is first come first serve! Don't miss out!

POWERED BY



OUR SPEAKERS



KASHA CHEN MEDICAL STUDENT

Kasha is a 4th year medical student at the California University of Science and Medicine. She will be sharing her experiences on her journey towards a career in medicine and providing advice targeted for high school students



COMBAT MEDICS

UNITED STATES ARMY
Combat Medics are responsible for administering emergency medical care in the field. Multiple medics will be working with small groups of students for this workshop.

REGISTRATION PAGE



EVENT SCHEDULE

📅 9AM-11:30 AM
MAY 11TH, 2024

📍 1402 ROYAL AVE, SIMI VALLEY, CA 93065

Wellness Center



May 2024 WELLNESS CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
<p>This Month's Theme Mental Health and Self Care</p> <ul style="list-style-type: none"> Mental Health Awareness Month Screen Free Week: 5/6- 5/12 Teacher Appreciation Week: 5/6-5/10 				
	<p>Wellness Center 1</p> <p>CLOSED @ Lunch</p>	<p>Wellness Center 2</p>	<p>Wellness Center 3</p> <p>All welcome: Cinco de Mayo: Loteria Game @ Lunch, H-16</p>	
<p>Do you have the lowest screen time this week? Winner takes a prize! Friday 5/10</p> <p>Student 6 Contest! Sign up in H-16</p>	<p>Wellness Center 7</p>	<p>All Welcome: Love on a Leash @ Lunch, Lawn</p>	<p>BRITE Students: Healthy Coping Skills activity @ Lunch, Lawn</p>	<p>Wellness Center 10</p>
<p>Screen Free Week</p> <p>Teacher Appreciation Week: 5/6-5/10</p>				
<p>All Welcome: Keep Calm and Chalk Art! @ Lunch, H-16</p>	<p>Wellness Center 13</p>	<p>Wellness Center 14</p>	<p>Wellness Center 15</p> <p>Seniors: Transition to College Presentation CCC x Wellness Center @ Lunch, CCC</p>	<p>Wellness Center 16</p> <p>All Welcome: Keep Calm and Play a Game @ Lunch, Lawn</p>
<p>Wellness Center 20</p> <p>All Welcome: Keep Calm and watch a movie! @ Lunch, H-16</p>	<p>Wellness Center 21</p> <p>All Welcome: Keep Calm and watch a movie! @ Lunch, H-16</p>	<p>Wellness Center 22</p> <p>Finals (1-2) Minimum Day</p>	<p>Wellness Center 23</p> <p>happy GRADUATION</p> <p>Finals (3-4) Minimum Day</p>	<p>Wellness Center 24</p> <p>LAST DAY</p> <p>Last Day of School Finals (5-6) Minimum Day</p>
<p>Wellness Center 27</p>	<p>Wellness Center 28</p>	<p>Wellness Center 29</p>	<p>Wellness Center 30</p>	<p>Wellness Center 31</p>
<p>Summer Break!</p> <p>Memorial Day: No School</p> <p><small>FOR MORE INFO ON WELLNESS TOPICS CLICK HERE OR</small></p>				

Resources for parents on digital wellness

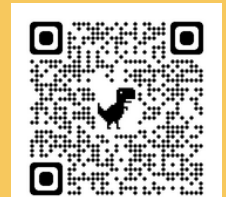


Screen- Free Week;
May 6th- 12th



Get Kids
Internet Safe

Virtual Wellness Center. Click or scan



FROM THE COMMUNITY



Tuesday, May 14
The Triangulum of
Nicotine, Vaping, and
Cannabis for
Parents/Guardians

This collection of trainings will be led by a member of the REACH Lab and is geared towards parents and guardians of students that are interested in learning more about various topics surrounding vaping, nicotine, and cannabis.



Open Mind community and lecture series, free to the public. Visit their Youtube, *TheFriendsoftheSemel*, for past recorded webinars



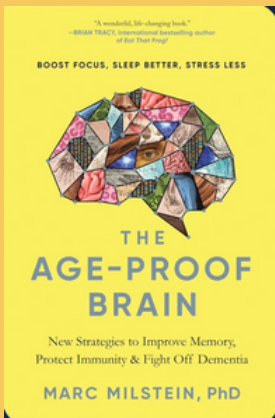
Thursday, May 2, 2024
5:00 PM - 6:00 PM PT



“We are honored to bring together two nationally known leaders in the field of mental health for a fascinating discussion about their two new best-selling books: Jeremy Nobel, MD, MPH, author of *Project Unlonely: Healing our Crisis of Disconnection*, and Thomas Insel, MD, author of *HEALING, Our Path from Mental Illness to Mental Health*. *Loneliness* has become a daily source of profound anguish for millions of people worldwide, causing the United States Surgeon General, Dr. Vivek Murthy to advise that it is the public health crisis of our time“.



Thursday, May 9, 2024
5:00 PM - 6:00 PM PT



When it comes to keeping your brain in tip-top shape, you aren't limited to crossword puzzles, brain games, and Sudoku. The keys to keeping your mind sharp are already in your hands: eleven simple but powerful lifestyle factors often have a greater impact on our health than our genetics.

In *The Age-Proof Brain*, scientist and popular speaker, Dr. Marc Milstein shares new, breakthrough science-supported strategies to:

- improve memory and productivity;
- increase energy and boost your mood;
- reduce the risk of anxiety and depression;
- form healthy habits to supercharge your brain

Registration coming soon!

FROM THE COMMUNITY



Click on the Fliers to Learn More

You're Invited!



TO BECOME A Youth Mental Health FIRST AID

From NATIONAL COUNCIL FOR MENTAL WELLBEING
INSTRUCTOR

When:

APRIL 9-11, 2024 OR MAY 6-8, 2024

How:

Must take the 1-Day Youth Mental Health First Aid course BEFORE enrolling in the Youth MHFA instructor certification course. Please use the QR code below to register.



Available dates: 2/29, 3/7, 3/19, 3/23, 3/28, 4/1, and 4/20

Please register for the 3-Day Youth MHFA instructor training here:

<https://bit.ly/3T7D5V9>



VENTURA COUNTY
BEHAVIORAL HEALTH

A Department of Behavioral Health & Recovery Services

"MADE POSSIBLE THROUGH THE CALIFORNIA MENTAL HEALTH SERVICES ACT
AND VENTURA COUNTY BEHAVIORAL HEALTH."

Where:

Ventura County Office of
Education
Conference & Educational Services
Center
5100 Adolfo Road
Camarillo, CA 93012

*For more information
contact:*

Jacqueline Avena
(805) 437-1397
javena@vcoe.org



REGISTER

Canva



4th Annual Youth Mental Health Event

Wednesday May 1st, 10 -11 AM PST

 WellnessTogether.org™

Join Mind Out Loud's inspiring 4th Annual Virtual Event.

Led by students, the Mind Out Loud Annual Event is a beacon of hope, advocacy, and empowerment for student mental health. This year, experience the power of authentic stories to break barriers and lead the next generation in paving the way for the future of youth mental health.

REGISTER

Canva



FROM THE COMMUNITY



Click on the Fliers to Learn More

3rd Annual Mental Health Community Playdate

Free Public Event

**04
MAY**

11am-2pm

Conejo Creek North Park
Thousand Oaks



- Mental Health & Wellness Resources
- Zones Of Wellness-Family Activities
- Marketplace - Shop, Eat & Enjoy
- Star Wars Celebration
- Silent Auction



DISTRICT ATTORNEY
VENTURA COUNTY

Logrando Bienestar
ACHIEVING WELL-BEING

COUNTY OF VENTURA
Human Services Agency

COALITION FOR FAMILY HARMONY

TEENS 4 TEENS

VENTURA COUNTY HEALTH CARE AGENCY

NAMI Ventura County
National Alliance on Mental Illness

Autism Society
Ventura County

Neighbors for Learning
FIRST 5 VENTURA COUNTY

VENTURA COUNTY PUBLIC HEALTH

soluna
California's free mental health app for ages 13-26

California Lutheran University
COMMUNITY CONNECTIONS SERVICES

Little Barbara's AT PLAY

LUCY'S LUXURIES

STONE & STRING CO.

BEING ROH OF HOPE

COOL KIDS READ

DRUMTIME

THE PARENTAL EDGE

Healthy Screen Habits

PSYCHEVAL
Here for better you and your community

GrowABA

SEE AG
Supporting the mental health of our community

STOWELL Learning Center

Little Barbara's

Lucy's Luxuries

Stone & String Co.

GrowABA

SEE AG

STOWELL Learning Center

Little Barbara's

Lucy's Luxuries

Stone & String Co.

GrowABA

SEE AG

STOWELL Learning Center