

24-25 Continue The Conversation Series



Parenting Adult Coffees

Friday, September 13

9:30 - 11:00 AM

Anxiety & Expectations

Wednesday, September 18

7:00 - 8:15 PM

Anxiety & Expectations - *Virtual*

Friday, October 18

9:30 - 11:00 AM

Sexuality & Identity

Wednesday, October 23

7:00 - 8:15 PM

Sexuality & Identity - *Virtual*

Friday, November 15

9:30 - 11:00 AM

Social Media

Wednesday, November 20

7:00 - 8:15 PM

Social Media - *Virtual*

Friday, December 6

7:00 - 8:15 PM

Addictions

Wednesday, December 11

9:30 - 11:00 AM

Addictions - *Virtual*

Friday, January 10

9:30 - 11:00 AM

Diversity, Equity, & Inclusion

Wednesday, January 15

7:00 - 8:15 PM

Diversity, Equity, & Inclusion - *Virtual*

Friday, February 7

9:30 - 11:00 AM

Mental Health

Wednesday, February 12

7:00 - 8:15 PM

Mental Health - *Virtual*

Friday, March 14

9:30 - 11:00 AM

Boundaries

Wednesday, March 19

7:00 - 8:15 PM

Boundaries - *Virtual*

Friday, April 4

9:30 - 11:00 AM

Drugs & Alcohol

Wednesday, April 9

7:00 - 8:15 PM

Drugs & Alcohol - *Virtual*

Friday, May 2

9:30 - 11:00 AM

Mental Health

Wednesday, May 7

7:00 - 8:15 PM

Mental Health - *Virtual*

Grandparent Coffees



9:00 to 10:30 AM

Friday, November 1

Friday, February 21 - *Virtual*

Friday, April 25

Youth Mental Health

First Aid



A 6-hour training plus
2-hours of online pre-work

9:00 AM to 3:00 PM

Tuesday, September 24

Wednesday, October 30

Wednesday, January 22

Wednesday, April 23

QPR Trainings



10:00 AM to 12:00 PM

Wednesday, October 9

Wednesday, December 18

Wednesday, March 19

Wednesday, April 16

To
Register:

Scan the QR code or visit
speakup.org/registrations

