

## **FRIENDS DO MAKE A DIFFERENCE SUMMIT**

### **Draft Agenda**

#### **Friday, Aug 7<sup>th</sup>, 2015**

4:30 – 6:30 pm	Check in and Settling in
6:30 – 7:00 pm	Meet and Greet
7:00 – 7:30 pm	Opening and Welcome
7:30 – 9:00 pm	Dinner and Evening Activities

#### **Saturday, Aug 8<sup>th</sup>, 2015**

8:30 – 9:00 am	Breakfast and Morning Briefing
9:00 – 9:15 am	Mindfulness Reflection and Goal Setting
9:15 – 10:30 am	What's Mental Health and Mental Illnesses Myths and Facts
10:30 – 10:45 am	Break
10:45 – 12:00 pm	Who am I?
12:00 – 1:30 pm	Lunch and Break
1:30 – 2:45 pm	What Does It Mean to be AANHPI Cultural identities
2:45 – 3:00 pm	Break
3:00 – 4:15 pm	Breaking down Barriers
4:15 – 4:30 pm	Break
4:30 – 5:00 pm	Wellness Goal Setting
5:00 – 7:00 pm	Outdoor Activities and Reflection
7:00 – 9:30 pm	Dinner and Evening Activities

**Sunday, Aug 9<sup>th</sup>, 2015**

8:30 – 9:00 am	Breakfast and Morning Briefing
9:00 – 9:30 am	Mindfulness Reflection Recap of Saturday and Discussion
9:30 – 10:45 am	Taking Lead on Mental Health
10:45 – 11:00 am	Break
11:00 – 12:15 pm	Crisis Intervention and Suicide Prevention Mental Health and AANHPI Depression, post-depression
12:15 – 1:45 pm	Lunch and Break
1:45 – 3:00 pm	Self-Advocacy and Self Care: Wellness Training
3:00 – 3:15 pm	Break
3:15 – 4:30 pm	Systemic and Campus Advocacy Community organizing
4:30 – 7:00 pm	Outdoor Activities
7:00 – 9:30 pm	Dinner and Evening Activities Feedbacks about Friends

**Monday, Aug 10<sup>th</sup>**

8:30 – 9:00 am	Breakfast and Morning Briefing
9:00 – 11:00 am	Next Step: Presenting Advocacy and Wellness Plan
11:00 – 11:15 am	Break
11:15 – 12:00 pm	Closing and Reflection
12:00 pm	Adjourn