

| Day             | Time      | Describe Your Event   | Event Type       | Provider  | Instructor Name                | Platform  | Description   |
|-----------------|-----------|---|------------------|-----------|--------------------------------|-----------|---|
| 19 January 2021 | 5:00-6:00 | Color & Vibe  | Youth Engagement | ARCC      |                                |           | Self-Care through artistic expression   |
| 19 January 2021 | 3:00-5:00 | Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU | Youth Engagement | BHSD      | Sharla Kibel, LMFT             | BHSD Zoom | Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.                      |
| 19 January 2021 | 3:30-4:30 | What's Popping: Substances and You  | Psychoeducation  | BHSD/SUTS | Michael Shackel & Olga Salazar | BHSD Zoom | Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth   |
| 20 January 2021 | 4:30-5:30 | Among Us Game Night   | Youth Engagement | ARCC      |                                |           | playing online game of Among Us to provide a space for fun and community  |
| 20 January 2021 | 4:00-5:00 | Virtual Yoga: Finding Peace Within  | Wellness         | BHSD      | Yuki Ascue, LCSW, RYT 500      | BHSD Zoom | Develop flexibility, strength, balance, & focus through yoga  |
| 25 January 2021 | 3:15-4:30 | Mindfulness Monday  | Youth Engagement | ARCC      |                                |           | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| 26 January 2021 | 5:00-6:00 | Color & Vibe  | Youth Engagement | ARCC      |                                |           | Self-Care through artistic expression   |
| 26 January 2021 | 3:00-5:00 | Self-Care for Youth Body, Mind, and Brain: Your Brain Remodeling is Up to YOU | Youth Engagement | BHSD      | Sharla Kibel, LMFT             | BHSD Zoom | Learn about the sources of passion, connection, courage, and imagination and tools to train our brains using the Healthy Mind Platter and Mindsight Tools.                      |
| 26 January 2021 | 3:30-4:30 | What's Popping: Substances and You  | Psychoeducation  | BHSD/SUTS | Michael Shackel & Olga Salazar | BHSD Zoom | Overview of current trends in substance use and a deeper dive into looking at the three most commonly used substances among youth.  |
| 27 January 2021 | 4:30-5:30 | Among Us Game Night   | Youth Engagement | ARCC      |                                |           | playing online game of Among Us to provide a space for fun and community  |

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| <b>27 January 2021</b>  | <b>5:00-6:30</b> | Youth Incubator: Speaker & Dance Workshop | <i>Youth Engagement</i> | AACI      |                                |           | Q&A with professional dance instructor & an exclusive KPOP Dance Workshop   |
| <b>01 February 2021</b> | <b>3:15-4:30</b> | Mindfulness Monday                        | <i>Youth Engagement</i> | ARCC      |                                |           | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>02 February 2021</b> | <b>5:00-6:00</b> | Color & Vibe                              | <i>Youth Engagement</i> | ARCC      |                                |           | Self-Care through artistic expression   |
| <b>03 February 2021</b> | <b>4:30-5:30</b> | Among Us Game Night                       | <i>Youth Engagement</i> | ARCC      |                                |           | playing online game of Among Us to provide a space for fun and community  |
| <b>08 February 2021</b> | <b>3:15-4:30</b> | Mindfulness Monday                        | <i>Youth Engagement</i> | ARCC      |                                |           | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>09 February 2021</b> | <b>5:00-6:00</b> | Color & Vibe                              | <i>Youth Engagement</i> | ARCC      |                                |           | Self-Care through artistic expression   |
| <b>09 February 2021</b> | <b>3:30-4:30</b> | What's Popping: Substances and You        | <i>Psychoeducation</i>  | BHSD/SUTS | Michael Shackel & Olga Salazar | BHSD Zoom | Overview of current trends in substance use and a deeper diver into looking at the three most commonly used substances among youth.   |
| <b>10 February 2021</b> | <b>4:30-5:30</b> | Among Us Game Night                       | <i>Youth Engagement</i> | ARCC      |                                |           | playing online game of Among Us to provide a space for fun and community  |
| <b>16 February 2021</b> | <b>5:00-6:00</b> | Color & Vibe                              | <i>Youth Engagement</i> | ARCC      |                                |           | Self-Care through artistic expression   |
| <b>16 February 2021</b> | <b>3:30-4:30</b> | What's Popping: Substances and You        | <i>Psychoeducation</i>  | BHSD/SUTS | Michael Shackel & Olga Salazar | BHSD Zoom | Overview of current trends in substance use and a deeper diver into looking at the three most commonly used substances among youth.   |
| <b>17 February 2021</b> | <b>4:30-5:30</b> | Among Us Game Night                       | <i>Youth Engagement</i> | ARCC      |                                |           | playing online game of Among Us to provide a space for fun and community  |
| <b>17 February 2021</b> | <b>4:00-5:00</b> | Virtual Yoga: Finding Peace Within        | <i>Wellness</i>         | BHSD      | Yuki Ascue, LCSW, RYT<br>500   | BHSD Zoom | Develop flexibility, strength, balance, & focus through yoga  |

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| <b>22 February 2021</b> | <b>3:15-4:30</b> | Mindfulness Monday  | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>23 February 2021</b> | <b>5:00-6:00</b> | Color & Vibe        | <i>Youth Engagement</i> | ARCC |  |  | Self-Care through artistic expression   |
| <b>24 February 2021</b> | <b>4:30-5:30</b> | Among Us Game Night | <i>Youth Engagement</i> | ARCC |  |  | playing online game of Among Us to provide a space for fun and community  |
| <b>01 March 2021</b>    | <b>3:15-4:30</b> | Mindfulness Monday  | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>03 March 2021</b>    | <b>4:30-5:30</b> | Among Us Game Night | <i>Youth Engagement</i> | ARCC |  |  | playing online game of Among Us to provide a space for fun and community  |
| <b>08 March 2021</b>    | <b>3:15-4:30</b> | Mindfulness Monday  | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>10 March 2021</b>    | <b>4:30-5:30</b> | Among Us Game Night | <i>Youth Engagement</i> | ARCC |  |  | playing online game of Among Us to provide a space for fun and community  |
| <b>15 March 2021</b>    | <b>3:15-4:30</b> | Mindfulness Monday  | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>17 March 2021</b>    | <b>4:30-5:30</b> | Among Us Game Night | <i>Youth Engagement</i> | ARCC |  |  | playing online game of Among Us to provide a space for fun and community  |
| <b>22 March 2021</b>    | <b>3:15-4:30</b> | Mindfulness Monday  | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |

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| <b>24 March 2021</b> | <b>4:30-5:30</b> | Among Us Game Night     | <i>Youth Engagement</i> | ARCC |  |  | playing online game of Among Us to provide a space for fun and community  |
| <b>29 March 2021</b> | <b>3:15-4:30</b> | Mindfulness Monday      | <i>Youth Engagement</i> | ARCC |  |  | Mindfulness groups revolving around guided meditation, activity, discussion, and breath work; each session 30 minutes (Middle School 3:15-3:45/High School & College 4:00-4:30) |
| <b>TBD</b>           | <b>TBD</b>       | Virtual Paint Night     | <i>Youth Engagement</i> | AACI |  |  | Featuring a local artist that will teach you easy techniques for some family fun  |
| <b>TBD</b>           | <b>TBD</b>       | Digital Media Workshop  | <i>Youth Engagement</i> | AACI |  |  | Self-paced workshops such as animation, graphic design & app creation   |
| <b>TBD</b>           | <b>TBD</b>       | Intro Into Storytelling | <i>Youth Engagement</i> | AACI |  |  | Communicate through media production and storytelling & understand the power of your voice & ideas  |