



SpeakUp!

22-23 Continue The Conversation Series

Parenting Adult Coffees



Wednesday, August 10

9:00 - 10:30 AM

Empty Nesting

Thursday, October 6

7:00 - 8:15 PM

The SpeakUp! Way - *Virtual*

Friday, October 14

9:00 - 10:30 AM

Emotional Wellness

Wednesday, November 16

7:00 - 8:15 PM

Diversity, Equity, & Inclusion - *Virtual*

Wednesday, December 7

7:00 - 8:15 PM

Coaches Only:

How To Support Your Athletes - *Virtual*

Wednesday, January 18

7:00 - 8:15 PM

Sexuality & Identity - *Virtual*

Friday, February 3

9:00 - 10:30 AM

Body Image

Friday, April 14

8:30 - 10:00 AM

Drugs & Alcohol

Wednesday, April 19

7:00 - 8:15 PM

Drugs & Alcohol - *Virtual*

Friday, May 5

9:00 - 10:30 AM

Mental Health

Wednesday, May 10

7:00 - 8:15 PM

Mental Health - *Virtual*

Grandparent Coffees



9:00 to 10:30 AM

Friday, September 30

Friday, February 24

Virtual

Friday, April 28

Youth Mental Health

First Aid



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

Wednesday, October 12

Wednesday, November 9

Wednesday, January 18

Wednesday, February 20

Educators Only

Wednesday, April 26

Wednesday, May 24

To
Register:

Scan the QR code or visit
speakup.org/registrations

