

At our 2nd Annual Mental Health Symposium, clinicians and youth practitioners came together as thought partners to design aspirational and inspirational statements about how to champion mental wellness and resilience for youth in Nassau County.

This summary statement serves as a beacon for our work and commitment to our outreach and partnership with fellow youth-serving organizations.

Learn more about how GSNC is boldly advancing girls' mental wellness at gsnc.org.

If we believe in the power of youth in Nassau County, we will champion them by:



- building rapport and trust,
- leaving the door open,
- not being afraid to uphold a boundary,
- increasing social and emotional learning,
- creating resources and opportunities outside of devices and social media,

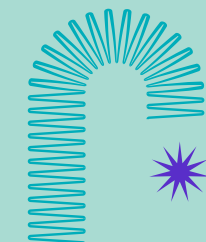


being a voice for the voiceless, with tools to express their emotions, connections, and self-awareness,

supporting those who support our youth,

listening for what is spoken and unspoken,

building authentic, safe communities where youth feel they belong, with access to stress busters and tactile and creative ways to express their feelings, and



creating better access to care, through a dual parent/child early intervention with embedded skills and empowerment that provides unconditional positive support and fosters a safe space for individuals to be their authentic selves.

