



VIRTUAL

MAY 4 - 6, 2021
Virtual & FREE

KEYNOTE SPEAKERS



Jamal Campbell
OL Toronto Argonauts



Emma Lembke
High School Student
Founder Logoff Movement



Ross Robinson
Holistic Life Foundation



Katie Baldwin
Rn, BScN, CPMHN(C)

TOPICS COVERED

- Helping teens disconnect from social media
- Yoga & Mindfulness for youth
- How to cultivate resilience & well-being
- Personal stories of overcoming challenges to thrive

DAILY SCHEDULE

60-MIN SESSIONS

Tue, May 4 at 10am & 12pm

Wed, May 5, at 10am & 12pm

Thu, May 6, at 10am & 12pm & 2pm

Learn more & register @ stateofmindfestival.com



FESTIVAL SCHEDULE

Tuesday, May 4

- 10am - 11am** **Katie Baldwin, Rn, BScN, CPMHN(C)** | Personal experience with mental illness & working with youth as a nurse in youth mental health care
- 12pm - 1pm** **Jennifer Grant (MBA)** Wise Inside | Building emotional intelligence

Wednesday, May 5

- 10am - 11am** **Jamal Campbell**, Toronto Argonauts & **Matthew Arnone**, Professional Soccer Player | Overcoming adversity & learning how to thrive
- 12pm - 1pm** **Emma Lembke & Crew** from the Log Off Movement | Helping teens disconnect from social media

Thursday, May 6

- 10am - 11am** **Kareem South**, Div 1 NCAA Basketball Player & MPH (Cand.) UC Berkeley & **Alex Town**, World Champion Wrestler | Overcoming adversity & learning how to thrive
- 12pm - 1pm** **Mike Stroh (MA)** Festival Founder & Director | Youth resilience & well-being
- 2pm - 3pm** **Ross Robinson**, Holistic Life Foundation | Youth yoga & mindfulness

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PLEASE NOTE: ALL TIMES ARE EASTERN STANDARD TIME