



Wilmot YAC Agenda

Date: December 7, 2020

Time: 7:00pm-8:30pm

Wellness Night - FIKA Mental Health Night

| Topics To Cover | Meeting Minutes |
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| 1. Welcome & Introduction by Lacey to Youth Week 2020 | Thanks to our YAC members for planning tonight |
| 2. Welcome to FIKE Mental Health Night | Thank you for coming and enjoy your FIKA bags during tonight's presentation. |
| 3. WAYVE - Mental Health Presentation | Live polls and interactive presentations - AhaSlides |
| 4. WAYVE - Positive Self Image Presentation | |
| 5. Chip from ICC for Meditation | We tried a few moments of meditation to bring forth individual mindfulness |
| 6. Youth Resources | Here24/7: BounceBack Ontario Program; Togetherall |
| 7. Thank you and Good Night! | We are so Thankful for your participation in our FIKA Mental Health Night! |