

# WELCOME BACK TO IN-PERSON YLAT MEETINGS - CUMBERLAND



Wednesday, March 13th, 3:45 - 5:45 PM  
Durham Quaker Meeting House, 534 Quaker Meeting House Road, Durham

Join YLAT staff, your Youth Transition Specialist, and other  
YLAT members:

## SPRINGING INTO ACTION!

### AGREEMENTS:

Revisit YLAT group agreements / set expectations for being in space together



**HAVE FUN!!!**  
"Heads, Shoulders, Knees, Cups" Competition



**Skill Builder:** Coming into spaces as our "whole selves"; what are the different spaces we each engage with; how do we determine how we show up in space and put our best foot forward?

SKILL

Gratitude's  
and  
Mindfulness



### Updates

Teen Conference  
Planning Committee,  
Policy Summit, NEYC  
Meeting, Virtual  
Workforce  
Development Training



CONNECTIONS FOOD FUN!

For questions, contact:

Youth Transition Specialist (YTS)

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