

STRATEGIC SHARING TRAINING

Sharing our lived experience involved in systems or childhood trauma can be difficult to do yet have many rewards for both the youth and the one sharing. In this training, Participants will learn how to structure and organize their life events into a story format. Participants will also explore triggers by learning how to avoid triggering others and cope with their own triggers. YPAs will learn how to use their story to model healing and recovery through adversity. Young leaders and YPAs will gain the chance to learn peer skills and create a safe environment to connect on shared lived experiences.



**Monday, 30
September, 2024**



**Starting
at 4:30PM - 6PM**



SCAN ME

bit.ly/3YVMkLF

[Register Here](#)



**Families
Together**
in New York State

NOTHING
ABOUT
US,
WITHOUT
US!

Camerin Rivera



**Program Support Specialist,
B.A. in Psychology**

An Innovator in transforming personal struggles into advocacy. Camerin is a certified peer educator. Her personal experiences fuel her advocacy for marginalized communities. She works to improve wellness awareness and resource accessibility, aiming to create positive change through collaboration.

Meghan Simpson



**Youth Engagement Specialist
B.A. in Social Science**

A leader in reforming youth and adult support services, drawing from her lived experience with trauma and mental illness. She works with diverse populations, including those with mental health challenges and LGBTQIA+ individuals. Meghann co-founded Now She Speaks, a nonprofit supporting survivors of violence. She aims to inspire youth to overcome trauma and achieve success.

AMPLIFYING YOUTH VOICE AND PEER ADVOCACY

www.FTNYS.org/YouthPower | @YouthPower | 737 Madison Avenue, Albany NY 12208 | 518 432-0333