

2026 DARE TO BE AWARE

YOUTH MENTAL HEALTH CONFERENCE



Join us for an inspiring conference with dynamic discussions and hands-on activities tailored for students! We'll focus on current topics, breaking the stigma surrounding mental health and promoting help-seeking behaviors. Don't miss out!



DR. DANIEL WENDLER

EVENT HIGHLIGHTS

Keynote Speaker

- 1 Dr. Daniel Wendler is a clinical psychologist, an advocate for neurodiversity, and author of "Neurodiversity and the Myth of Normal." He has given TEDx talks with over 750,000 views and consults for organizations like Google and Harvard. Featured in Bloomberg Magazine and the American Psychological Association, he specializes in autism and social relationships.

2 Breakout Rooms

Hands-on sessions to develop new skills and strategies:
*Healthy Relationships *Anxiety Management *Eating Disorders and many more!

3 Fun Activities

Ryujin Taiko drummers, Friday Night Live fun, vendor scavenger hunt, opportunity drawings and a tasty lunch!



JAMES
"DAT YOGA DUDE"



RYUJIN TAIKO

TUESDAY
JANUARY 20
2026

9 A.M.
TO 2:30 P.M.

RIVERSIDE CONVENTION CENTER
3637 5TH ST.
RIVERSIDE, CA 92501

 **Riverside
University
HEALTH SYSTEM**
Behavioral Health
Prevention and Early Intervention

Conference participants must be 9th - 12th
grade students from Riverside County
chaperoned by an adult.

TRANSPORTATION WILL BE AVAILABLE
TO SCHOOLS IN NEED.

Contact: mdowns@ruhealth.org for details

REGISTER
NOW!



<http://bit.ly/3IXYSfy>