



# Granite Youth Conference

APRIL 21, 2022  
11 am - 12 pm

Let's talk it **UP** ...

A NORTH COUNTRY YOUTH FACILITATED  
**FREE LIVESTREAM!**  
Experience for 6-12 graders

Mental health



Diversity



Inclusion



- Nationally renowned teen motivational speaker **Jeff Yalden** will speak directly to North Country students about their mental health, how important it is to talk about it, and take action
- Youth panel discussion hosted by White Mountains Regional High School Senior, **Grace Frink**



**Jeff Yalden**

Show **UP** and click:

<https://Stream.phlume.com/up22>

Look up **UP** on Instagram LIVE: **@NHUPCON**

For more information:

Greg Williams  
gwilliams@NCHCNH.org  
(603)259-4797



Promoting Prevention and Recovery