

**RichmondYDN**

## Announcing New Workshops And Events

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**RichmondYDN** brings together people who are working in out-of-school time, youth development and education fields for networking, relationship building and shared learning.

**RichmondYDN Training Calendar** is a comprehensive approach to professional development for youth-serving organizations and responds to a growing need for high quality, unique and diverse workshops, programs and professional development.

**Our free trainings are designed for:**

- Teachers, educators, school administrators, and youth mentors looking to better understand and create quality programming.
- Supervisors, directors, and coordinators of programs working with children and youth.
- Anyone who wants to grow and develop their ability to work effectively with children and youth.

RichmondYDN is located at the [Mary and Frances Youth Center](#)  
120 South Linden Street, Richmond, VA

**Visit the RichmondYDN Calendar**

# Upcoming Professional Development

## [Understanding Adverse Childhood Experiences & Building Self-Healing Communities](#)

**Wed Nov 29th 10:00am - 12:00pm**

Facilitators: Jacquelyn Smith-White, Octavia Marsh  
and Yolanda Hall, [Henrico Prevention Services](#)

## [Talk Saves Lives: An Introduction to Suicide Prevention](#)

**Thu Nov 30th 1:00pm - 2:30pm**

Facilitator/Partner: Markita Madden,  
[American Foundation for Suicide Prevention VA Chapter](#)

## [Teachable Moments Series: Best Practices for Building Resilience for Diverse Groups](#)

**Mon Dec 4th 3:00pm - 5:00pm**

Facilitators / Partners: Jessica Hawthorne,  
[Virginia Center for Inclusive Communities](#)

## [Engage and Connect- Makes It Easier To Redirect: The Power of Validation](#)

**Tue Dec 5th 10:00am - 11:30am**

Facilitator/Partner: Michele Cosby, PsyD, LCP, and Caroline Mazzer, PhD,  
[Virginia Treatment Center for Children](#)  
Children's Hospital of Richmond at VCU

## [Understanding LGBTQ+ Youth](#)

**Wed Dec 6th 10:00am - 12:00pm**

Facilitator/Partner: Shannon Cassano,  
[Side By Side](#)

## [Question, Persuade, Refer \(QPR\): 3 Steps To Help Save A Life From Suicide](#)

**Thu Dec 7th 10:00am - 11:30am**

Facilitators/Partners: Robin Pentecost and Travis Fellows,  
[Goochland Powhatan Community Services](#)

## [Breathe easy! Parent Art Night](#)

**Fri Dec 8th 6:00pm - 8:00pm**

Felting workshop with guest artist

[Nastassja Swift!](#)

Free and open to all. Families welcome. Limited seats.



**Looking In To Look Out: Critical Mentoring, The Four Pivots  
by Shawn Ginwright and Dynamics of Diversity, Equity, and  
Inclusion**

**Mon Dec 11th 9:30am - 1:00pm**

Facilitator/Partner: Partner: Tamice Spencer-Helms,  
[Mentor Virginia](#)

**Mindful On Life: Mindful-Based Restorative  
Strategies for Overall Self Care**

**Wed Dec 13th 11:00am - 12:30pm**

Facilitator / Host Partners: [BareSOUL Wellness](#)

**Teachable Moments Series: Understanding Bias and Prejudice**

**Tue Dec 19th 3:00pm - 5:00pm**

Facilitators / Partners: Jessica Hawthorne,  
[Virginia Center for Inclusive Communities](#)

Contact [garlandvw@vcu.edu](mailto:garlandvw@vcu.edu) for more information and to register.



Visit the **Mary and Frances Youth Center**  
to see our new mural by Richmond artist [Justice Dwight!](#)



