



Artwork by Kyl Harris

FRIDAY MAY 8TH, 2026 • 8AM-1PM
161 ELLIOTT ST. DANVERS, MA

Workshop Descriptions

Personal Mission Statement - Elevate Yourself

Kyl Harris

A workshop dedicated to helping people gain confidence by writing a personal mission statement that asks participants to outline their strengths and areas for improvement. The writing created in this workshop can be used as a cover letter, a mission statement, or a reflection, and will help connect with yourself, others, and your goals.

Social Media and Mental Health

Lexy Froment

In this day and age, it's not uncommon for us to be spending several hours a day on our phones— checking Instagram, scrolling through TikTok, going through SnapChat stories, and much more. All those likes, comments, shares give us constant little bursts of excitement...but at what cost? In this interactive workshop, we will discuss the good and bad of social media, its impact on children, teens, and young adults, and brainstorm how we can protect our mental health in this overwhelming digital age.



@ the_nan_project



mtangney@thenanproject.org



Workshop Descriptions

Art and Voices of Youth People

**Raja Sinjab,
PhD**

Raja Sinab, co-founder of Real Eyes Truth, leads participants in a self-reflection and connective exercise using a photo on their phone that represents unity or division. Students will engage in a reflective writing exercise about their chosen photo, discuss with others on the nature of community and connection, and create a collaborative art project.

What Happened To You - Telling Our Story Through Art

**Maxanne
Wordell**

Inspired by What Happened to You?, this interactive workshop invites young people to shift the question from “What’s wrong with me?” to “What happened to me—and how can we support each other?” Through movement, storytelling, creative expression, and small-group connection, students will learn how stress and trauma affect the brain and body—and how connection, rhythm, and community help us regulate, heal, and rise together.

Together We Rise Above Substance Use

**Eric
Mazzeo**

Join Eric Mazzeo, Assistant Director of Youth Substance Use Prevention for the City of Everett, as he shares his own lived experience with substance use and story of recovery. The workshop focuses on the power of finding others for support during substance use recovery. There will be time to answer any questions related to substance use and how it relates to mental health.



@ the_nan_project



mtangney@thenanproject.org



Workshop Descriptions

Beyond Dear Diary: Journaling for Well-Being

**Julie
DeSilva**

This session will turn traditional journaling on its head, giving participants an opportunity to use alternatives like doodling, stream of consciousness, and see, hear, touch exercises to explore their feelings. Together we will journal in real time, share if we want, and support each other in knowing that we don't have to be good writers or write perfect prose to use journaling to promote personal well-being! By providing an outlet that may be new to some, we can learn a tool that may help frame feelings for sharing with others or simply provide an outlet for writing it down and letting it go.

Bringing Joyful Exploration to Learning Emotion - Coping Strategies with FYBS

**Molly
Ferreira
&
Emily
Wicks**

This workshop engages students through multiple modes of learning, including a brief presentation, small-group discussion, hands-on practice of emotion-coping strategies, and puppet-making—a creative and fun way for students to explore and apply these strategies. Through these activities, students will explore ways to cope with everyday challenges and connect with others, reflecting the theme Together We Rise. Led by Molly and Emily of Feel Your Best Self (FYBS), students will leave with practical skills for managing emotions and fostering positive connections in their communities.



@ the_nan_project



mtangney@thenanproject.org



Workshop Descriptions

Holding Space, Building Bridges: Identifying Needs to Move Forward Together

Kim Bisset

This is an interactive discussion, in which we will introduce the concept of getting your needs met in order to genuinely connect with others and work collaboratively to move forward together. A person needs to be able to state what they need and self advocate while respecting diverse perspectives and building an engaged and supportive community. Together they are able to be curious and listen without judgement in order to have a meaningful interaction that facilitates growth and sets the stage for change. Fitting in beautifully with the theme of the summit it is a delicate balance of sharing your needs and taking into consideration the diverse experiences of others so all can rise together. A welcoming space encourages people to freely and respectfully share their feelings and be invited into the conversation to reach across the isolation and differences to find common ground and create innovative and cohesive solutions.



@ the_nan_project



mtangney@thenanproject.org