

# FREE SPEAKER SESSION: From Students' Perspectives



How can we **Change** feeling *insecure, overwhelmed,* and *confused*, to feeling **Confident, In Control, and Triumphant?**

## SPEAKERS:

**Rocio Cornejo**, Mental Health Advocate and Board Member of the San Mateo County Mental Health and Substance Abuse Recovery Commission, will talk about going through mental illness as a teen and how she dealt with those challenges.

**Nadia Ghaffari**, is a junior at Los Altos High School with a passion for empowering children and teenagers. She is the founder of the nonprofit organization [TeenTalk.org](http://TeenTalk.org) and the author of the children's book [Growing a Brain: A Journey of Resiliency Starting in the Classroom](#). Nadia was inspired to start a peer movement in order to build a community of compassionate teens and mental health activists who prioritize wellness, after her own experience with aiding in the prevention of a close friend's suicide. She will be speaking about wellbeing and how to incorporate wellness strategies in our daily lives.

**Jennifer Leydecker** is a licensed Marriage and Family Therapist with over 10 years of experience working with youth and families in both school and outpatient settings in the Bay Area. She will talk about how families can build a strong foundation to support its youth as they navigate through the important, and sometimes curvy road, of development.

**A Look at  
Student Health  
and  
Mental Wellness**

**May 20<sup>th</sup>, 2017  
10am – 12pm**

**Martin Luther King Center  
725 Monte Diablo Ave. San Mateo**

**Brought to you by:**



**San Mateo Police  
Activities League  
(SMPAL)  
and**



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