

NR.IF20.041IE Peace Regional Headstrong Youth Summit



PRESENTED BY

Chris Koch, TBA



SERIES SESSIONS

Date	Time
February 07, 2020	7:00 PM - 10:00 PM
February 08, 2020	8:00 AM - 3:30 PM



LOCATION

Grimshaw Shared School Facility - 4412 - 50th Street

FEE

\$0.00

QUESTIONS?

Contact Us:

nrlc@arpc.ab.ca

[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

nrlc.net

Program

Call for more students!!

February 7th & 8th, 2020 at the Grimshaw Shared Schools Facility, 4412 50 Street
Grimshaw, AB

Start time 7:00pm February 7th end time 3:30pm February 8th

The organizational team would like to extend the invitation to students from grades 9 - 12.

Please encourage all interested students to attend!!

WHO CAN ATTEND

High School Youth Participants and Adult Facilitators

This HEADSTRONG summit will bring together students, and school staff, from various schools, to learn about mental health problems and mental illnesses and associated stigma, and to challenge the stereotypes and misconceptions that fuel stigma.

The summit will feature large, keynote, presentations and small breakout sessions with speakers, experiential exercises, discussion, and action planning.

For further information please contact:

LORI LEITCH Ph. 780-597-2055 OR Via email leitchl@prsd.ab.ca

Presenters

Chris Koch

[Chris Koch Bio](#)

My name is Chris Koch (pronounced Cook). I was born in Lethbridge, Alberta and raised in the small farming and ranching community of Nanton, Alberta. It was clearly established early on in my life that I would not be raised with pity or sympathy. My family could have treated my disability like a total tragedy but instead chose to take it all in stride and make the best of the situation. After all, I still had a good head on my shoulders... and with that, anything is possible.

"Every day might not be great, but there is something great in every day."

-Chris Koch

I absolutely love sharing my story and spreading my message of, "If I Can..."

My life has been a fun ride with a lot of laughs and I make sure that my presentation reflects that. I have not let limitations or obstacles in my life stand in the way of achieving my goals and dreams and I encourage others to do the same. Furthermore, I am constantly setting new goals for myself and I think it's important for everyone to always be challenging themselves as well.

Simply put, if I can do the things I have done so far in my life, what is stopping anyone else from doing the same?

Registration Notes

Please Note:

Participants are required to bring a pair of indoor athletic shoes, overnight bedding and personal items.

Participant overnight accommodations will be provided in an 'athlete's village' manner at the Grimshaw Shared School facility. Snacks on Friday and Breakfast, Lunch and Snacks on Saturday will be provided.