

S.T.R. ReCAST N.G. SUMMIT

Supporting Togetherness, Resiliency, Opportunity, Networking, and Growth



Community Wellbeing Workshop Series for Youth & Caregivers

**Space is Limited
Register Today!**

Session 1: Parent & Caregiver Workshop

May 20, 2026 | 5:00-7:30 p.m.

Sloan Museum of Discovery

**Childcare Available*

Session 2: Youth & Young Adults (12-24) Workshop

May 27, 2026 | 5:00-7:30 p.m.

Sloan Museum of Discovery

This two-workshop series is designed to create a shared foundation of understanding, trust, and practical skill-building for both youth and the adults who support them. By addressing mental wellness from both perspectives, these workshops will strengthen communication, reduce stigma, and promote healthier, more supportive environments for young people.

Registration is required! Dinner will be provided for both workshops. Childcare is available for the Parent & Caregiver workshop.



Session 3: Family Fun Day Celebration

June 3, 2026 | 4:30-7:30 p.m.

Flint Farmers' Market

Youth, their trusted adults, and their families are invited to join us for a joint celebration to conclude the workshop series! This family-fun day will feature a petting zoo and pony rides, carnival-style games, and food trucks.

We will also offer family photos to commemorate the moment spent with loved ones.



recast@flint.org



810-232-2228

