**I AM ME YOUTH SUMMIT SCHEDULE**

**SATURDAY, APRIL 26, 2025**

**8:30 AM**- Registration and Light Breakfast   
**9:00 AM**- Welcome:  Host- Krizia Williams; WCPO News Reporter

         Latisha Owens; Founder & President of Guiding Light Mentoring

BREAKOUT SESSIONS BEGINNING AT **9:25 AM**

(Red Group) Breakout Session- What’s Your Problem? (Room 201)

(Green Group) Breakout Session- Finding Your Grounding (Room 202)  
(Yellow Group) Breakout Session- Healthy Vibes Only: Relationships, Boundaries & Support Systems (Room 203)

(Blue Group) Breakout Session- Gun Violence Prevention: Protecting Your Future (Room 204)

BREAKOUT SESSIONS BEGINNING AT **10:00 AM**

(Blue Group) Breakout Session- What’s Your Problem? (Room 201)

(Red Group) Breakout Session- Finding Your Grounding (Room 202)  
(Green Group) Breakout Session- Healthy Vibes Only: Relationships, Boundaries & Support Systems (Room 203)

(Yellow Group) Breakout Session- Gun Violence Prevention: Protecting Your Future (Room 204)

BREAKOUT SESSIONS BEGINNING AT **10:35 AM**

(Yellow Group) Breakout Session- What’s Your Problem? (Room 201)

(Blue Group) Breakout Session- Finding Your Grounding (Room 202)  
(Red Group) Breakout Session- Healthy Vibes Only: Relationships, Boundaries & Support Systems (Room 203)

(Green Group) Breakout Session- Gun Violence Prevention: Protecting Your Future (Room 204)

BREAKOUT SESSIONS BEGINNING AT **1:00 PM**

(Green Group) Breakout Session- What’s Your Problem? (Room 201)

(Yellow Group) Breakout Session- Finding Your Grounding (Room 202)  
(Blue Group) Breakout Session- Healthy Vibes Only: Relationships, Boundaries & Support Systems (Room 203)

(Red Group) Breakout Session- Gun Violence Prevention: Protecting Your Future (Room 204)

**Parent Workshops (stay in Ballroom)**

**9:15 AM** – Parents Listen Up: Never Miss a Chance to Shut Up

**10:20 AM –** Emotional Intelligence: Baggage and Trauma

**1:00 PM** – Work/Life Balance: Who's in Your Network

**11:10 AM** – Keynote Speaker Vernon Jackson, Barber (Ballroom)

**11:40 AM- 12:55 PM** - Lunch

**1:35 PM** - Panel Discussion (Ballroom)

**2:30 PM** - Final Remarks

**3:00 PM** - Event Ends