

5. Veterans' Resources for Benefits and Community Services.

We will provide information about the Washington Department of Veterans Affairs (WDVA) benefits and services for active military and veteran men and women of all ages, their families, disabled veterans, including survivors' benefits. In addition, we'll offer resources for housing, jobs access through the on-site "Career & Opportunity Fair", apprenticeship training programs, at-risk for homeless services, City of Seattle Discount Utility Programs, PTSD counseling and support group services, veterans' women's services, City of Seattle Housing Home Repair & Weatherization, Tahoma National Cemetery burial services and more DVA and community resources and services. We will help with access to VA benefits and claims with on-site representatives from the National Association of Black Veterans (NABVETS).

Presenters: Minister Shirley Perry-Poston, TabMBC SCSOM Workshop Coordinator, The National Association for Black Veterans (NABVETS) Veterans Advisor, PTSD Counseling & Support Group, Benefits & Claims Representatives, WDVA Apprenticeship Track Program Specialist, Tahoma Cemetery, Department of Veterans Affairs.

6. Introduction to Mindfulness Based Stress Reduction (MBSR).

Introduction to Mindfulness Based Stress Reduction (MBSR) is a 90-minute interactive session for participants age 14 and older. Dr Kim Holland will offer information on the scientific evidence for the health benefits of MBSR, introduce techniques that can be used right away to begin a practice in mindfulness and provide resources for those interested in further study.

Presenter: Dr. Kim Holland, Family Physician and co-facilitator of the 2016 Women of Color with Chronic Illnesses MBSR Class at Kaiser Rainier Medical Center.

7. Five Things to Know About the Judicial System Before You Vote.

This workshop empowers voters to learn more about the members of the judicial system before they vote. Local judges, law enforcement and prosecutors have the power. We will challenge this idea and seek to change the voting culture in local judicial elections.

Presenters: Reverend Harriett Walden; Attorney Lynne Wilson, Mothers for Police Accountability.

8. Bullying, Harassment and Civil Rights.

This workshop will include presentation and discussion on bullying, hate crime and civil rights. Hate speech and hate crimes will be defined. Legal Advocates will describe factors that contribute towards hate crimes. The Seattle Police Department will discuss SPD practices to protect communities, the importance of reporting, and resources for the public. UW Ethnic Studies Student Association members will share testimonies.

Presenters: Sera Wang, OCA-Asian Pacific American Advocate Greater Seattle; Jacqueline Wu, OCA-Asian Pacific American Advocate, Greater Seattle; Knight Sor, U.S. Department of Justice; Officer Jim Ritter, Seattle Police Department; SPD/LGBTQ Liaison Officer; Ashley Harunaga, Ethnic Studies Student Association, Daniel Doan, Ethnic Studies Student Association.

9. Intersections of Oppressions.

This youth-led workshop explores the intersection of different forms of oppression and why these intersections matter for how we fight them. Using a mix of interactive exercises and group discussion, Participants in our Advanced Leadership Program will facilitate a mix of interactive exercises and group discussion. Attendees will leave with ideas about how they can fight oppression effectively.

Presenters: Hayden Ratliff, Bush School, Natalie Murphy, Chief Sealth High School, Maya Garzelli, Roosevelt High School, Yash Katwal, Nathan Hale High School, Liam O'Leary, Garfield High School.