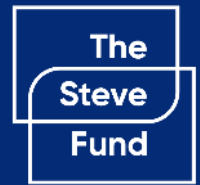


THE STEVE FUND



# Workshops & Seminars

to Support Mental Health & Emotional Well-Being



**The Steve Fund offers workshops for young people and seminars for those who support them. Every workshop and seminar is rooted in research related to the experiences of young people.**

Our group learning opportunities are developed and facilitated by culturally competent mental health experts to promote the mental health and emotional well-being of students and young professionals.

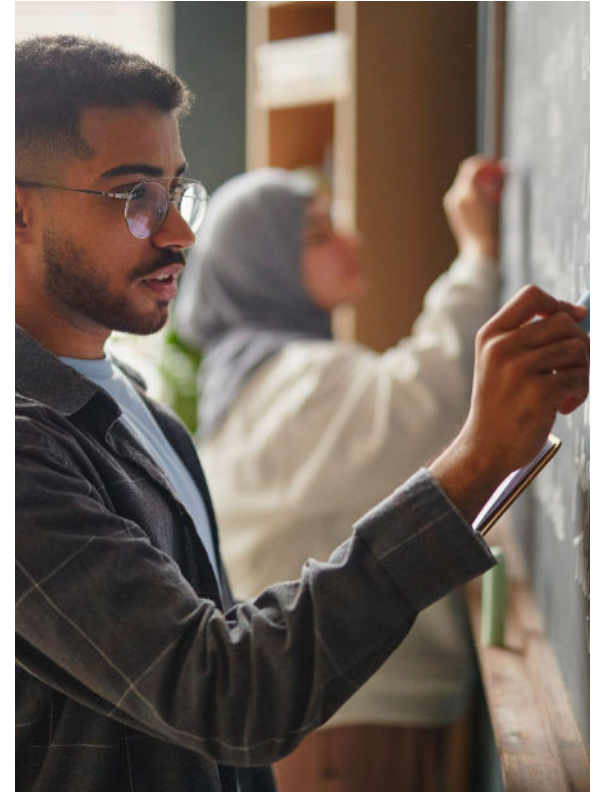
## ABOUT THE STEVE FUND

The Steve Fund promotes the mental health and emotional well-being of **all young people**, particularly those from **underserved and under-resourced communities**, by equipping them, their families, educators, and mental health professionals with the knowledge, skills, and community support needed to achieve their full potential.

[stevefund.org](https://stevefund.org)

# Interactive learning opportunities *for young people*

Workshops are designed to equip students and young adults with the knowledge and skills to maintain a positive mental health and well-being throughout their life transitions and academic pursuits. Each workshop is available virtually or in-person.



## Themes include:

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- Coping with anxiety, depression, grief and loss
- Impact of current events and life stressors on mental health and well-being
- Healing and resilience
- Stigma around mental health and accessing resources
- Workplace dynamics, imposter phenomenon and belonging
- Trauma as an academic and social stressor
- Campus and organizational climate

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**I learned about the intention of healing and how it impacts my life as a woman. Thanks to the Steve Fund, I feel prepared to support my own mental health, and to be there for my friends during hard times.**

*Student Participant*

**Contact:**  
**[Info@stevefund.org](mailto:Info@stevefund.org)**

# Workshops for Young People

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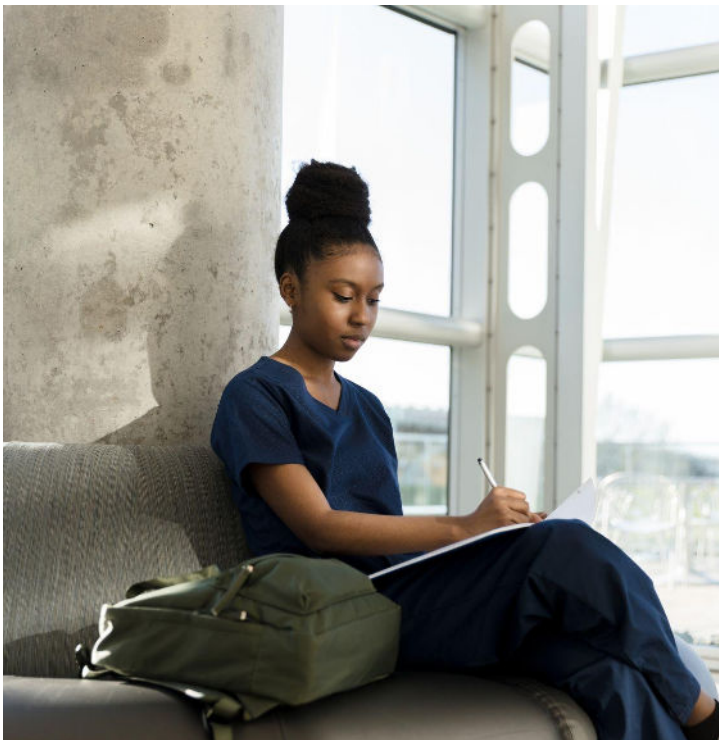
## Letting go of the Imposter

This session engages participants in exploring why imposter phenomenon exists, and how much it impacts their academics, personal experiences, and mental health. Participants will learn about the different archetypes of imposter phenomenon and identify practical actions that can address how these archetypes manifest overtly and implicitly in their daily lives. Finally, participants will gain a deeper understanding and appreciation of who they are and identify the truths about their unique strengths, intelligences, and accomplishments.



## College Readiness: Our Wellness Our Peace

This workshop equips students with skills to cope with, process, respond to, and heal from physical, emotional, and psychological stress and trauma related to the experience of preparing for college. Students will explore the importance of individual wellness during challenging times as they navigate high school and prepare for college.





# Workshops for Young People

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## Own Your Own Place & Take Up Space: Releasing Imposter Phenomenon in Professional Setting

This session engages participants in exploring why imposter phenomenon exists, and how it impacts their academics, career journey, personal experiences, and mental health. Participants will further learn strategies to combat catastrophizing, navigating rejections, and managing their stress and anxiety within professional or academic settings. Finally, participants will gain a deeper understanding of their experiences by focusing on what is within their locus of control and an appreciation of who they are through affirming their authentic selves.

## Our Wellness Our Peace

This workshop equips students from underserved and under-resourced communities, first-generation college students, and other students with skills to cope with, process, respond to, and heal from physical, emotional, and psychological stress and trauma, specifically caused by experiences with transitioning to college, processing current events, and being exposed to trauma. Students will explore the importance of individual wellness during these challenging times as they continue school and prepare for college.



# Workshops for Young People

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## Money On My Mind: Financial Wellness & Mental Health

This workshop invites college students to explore the ways in which mental health and financial literacy go hand in hand and how they can establish and maintain healthy relationships with money. Participants will be introduced to the fundamentals of financial psychology in order to understand how money habits can impact their mental health and how our mental health can impact their financial habits. Students will also gain tools to address and heal from financial anxiety, and will learn how to use mindfulness practices, money management tools, and community relationships and resources to uplift and support their financial wellness.



## SEMINARS

# Interactive learning opportunities for *those who support* young people

Seminars for leaders, faculty and staff are designed to strengthen skills and capabilities in supporting the mental health and emotional well-being of students and young adults throughout their life transitions and their academic and professional pursuits. Each seminar is available virtually or in-person.



## Themes include:

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- Building capacity as leaders to address the mental health of students and young professionals
- Supporting healing and resilience
- Ensuring culturally responsive design of mental health services
- Strengthening capabilities of trauma-informed advisors, coaches, and mentors
- Prioritizing mental and emotional well-being of students in policies, practices and programming
- Supporting young people with resources and services to reduce stigma and encourage seeking support

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The Steve Fund has shown me how to create more opportunities for students to discuss issues related to their lived experiences in a supportive classroom environment. By providing space to share, we can build a community of action to better support the mental health of young people as they navigate this critical period of student to professional.

*Faculty Participant*

# Seminars for *those who support* young people

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## Trauma-Informed Advisors, Coaches, and Mentor

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This seminar will equip advisors, coaches and mentors who work with students, especially those from underserved and under-resourced communities, with the tools and knowledge to recognize and support students as they experience mental health challenges. In this seminar, participants will explore how trauma and “battle fatigue” impact the mental health and emotional well-being of students and how to adopt trauma-informed strategies to support and empower them.

## Promoting the Mental Health of Students: Considerations and Strategies for the Classroom and Beyond

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Teachers and staff will evaluate the campus current climate, practices, and policies. By centering the voices and experiences of students, participants will explore the impact of trauma on the mental health and academic outcomes of students, particularly those who have experienced adverse childhood experiences. In efforts to grow as educators, participants will access tools and resources in order to meaningfully support the mental health and academic success of all students.

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**This brochure highlights a sampling of the Steve Fund’s offerings. To learn more and explore customized sessions for your institution, please contact us at [Programs@stevefund.org](mailto:Programs@stevefund.org)**

***Connect With Us on social media @theSteveFund***