



# BALANCING OUR MINDS

## Balancing Our Minds:

### Youth Summit Event Checklist

- Planning committee
- Event date
- Venue
- Budget
- Theme
- Agenda
- Speakers
- MC-Master of Ceremonies/Emcee/Host
- Supportive listeners (visit <http://bom.keltymentalhealth.ca> for more info)
- Local resources (community counselling, youth services, aboriginal friendship centres, etc.)
- Breakout sessions
- Food and beverage
- Audio/visual equipment (screen, projectors, speakers, etc.)
- Post-summit action plan

