

Coastside Teen Support and Wellness Fair

The Coastside is an amazing community to grow up in. Let's help our teens thrive!



When: April 20, 2024 from 11:00am-2:00pm

Where: Half Moon Bay Library

Mission: The mission of the Coastside Teen Support and Wellness Fair is to bring local parents, educators, health professionals, and program leaders together to uplift local teens. The fair aims to connect parents of teens with coastal resources to help support their child. The event will showcase education programs, mental health professionals and resources, and community organizations that offer programming for teens on the Coast.

Background: The events of the last five years have exacerbated an already growing trend of teenagers feeling alone and disconnected– to the point where the CDC announced a mental health crisis for this demographic. Research shows that students who receive support from a community feel less isolated and more engaged. Parents who are desperately trying to help are often left on their own to navigate the various resources for their child, adding to an already stressful situation at home.

More Information: The Coastside is a close knit community with many organizations supporting teens in different ways, from alternative education programs, to mental health care professionals, support groups, extra curricular programs, sports clubs, social groups, yoga and wellness studios, and more. Many of the offerings specialize in high school age specific support and programming. This event is to provide parents with information about ways they can support their students to find connection, feel balanced, and thrive in high school and beyond.

Whether you are a parent of a struggling student looking for help, a parent of a student who is looking to make new connections, or a caring adult on the Coastside offering to help, this event will have resources for you! Teens are also welcome to come check out the many offerings on the Coastside for them.

Join us: Coastside organizations from Pescadero to Pacifica who offer programming for teens and high school age students are encouraged to join us. Use this [form](#) to sign up to host a table or be a sponsor.

Contact: Email Claire Rietmann-Grout at coastsideleadershipacademy@gmail.com with any questions or for more information about how to participate or help sponsor the event.