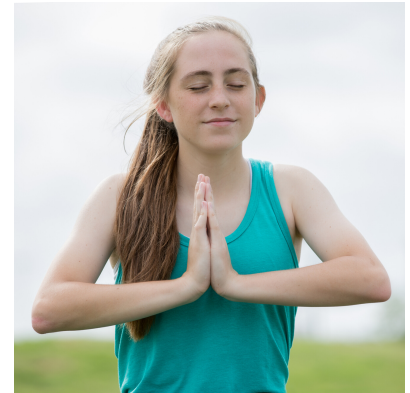


Teen Club Guest Speaker Ideas



1. Invite therapy dogs (and their trainers!) to stop by a meeting and educate the club about animal therapy.
2. Invite a nutritionist to stop by and talk about how to eat in a way that supports good mental health.
3. Invite a yoga teacher to stop by and teach a yoga class.
4. Invite a meditation teacher to stop by and teach a meditation class.
5. Invite a mental health professional (social worker, psychologist, psychiatrist, counselor) to stop by and talk about what their job looks like day-to-day.
6. Invite an art therapist in to do an art project.
7. Invite in a “guest speaker” to your meeting by watching one of the many fantastic TED Talks on a mental health topic, listening to a great podcast on a mental health topic, or watching a great documentary on a mental health topic.
8. And many, many more! There are lots of different people you can invite to a club meeting based on what is most interesting to your group. Many people are happy to donate an hour of their time, or you can put your club funds towards paying their speaker fee!

**Let us know how it goes & send photos to
ilana@erikaslighthouse.org**

**For more information on teen depression, check out
www.ErikasLighthouse.org**



Erika's Lighthouse