

# Parents as Partners Conference

Workshop Session: C11

Room: 204A

## Brain Storm

Mental Health and Well-Being Parent Partnership Committee

This workshop will give you a chance to dive into the mind of an adolescent who has struggled with mental health challenges. Join me on my journey through mental illness, stigma, recovery, and finding my identity despite my struggles. Brain Storm will give parents and adults a chance to gain insight on how to support a child in their mental health and well-being, breaking down stigma, and a chance for a Q&A from a teen who has been there. To wrap it all up, there will be a performance to illustrate the journey of mental health and hope.

### Delicia Raveenthirarajan

Student Motivational Speaker & Activist

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Delicia Raveenthirarajan is a 16 year old motivational speaker and activist. Delicia's public speaking journey started at a very early age but she started pursuing speaking professionally at the age of 12 in 2013. Delicia's experience ranges from her work with Me to WE as one of their speakers to schools, to hospital research lectures, to various corporate, community and public events! Delicia has worked across North America, highlights include partnering with school boards such as the TDSB, DDSB, YRDSB, etc. to performing for President Obama to speaking at the University of Pittsburgh to performing in Kenya, Ecuador and Mexico, just to name a few. Delicia specializes in speeches about Mental Health. Delicia has a strong fervor for helping others and is an active volunteer internationally as well as a passionate motivational speaker. She is an ambassador for several organizations such as Worth Living, Jack.org, and Wear Your Label. However, she primarily works with Me to We. Her passport is composed of four service trips to Kenya, a trip to the borderlands of Arizona and Mexico for Advanced Leadership Training, a volunteer experience in the Amazon Rainforest and an upcoming 6 weeks of service in East Africa (Ethiopia and Kenya). Delicia is also the recipient of the Leading Girls Building Communities Award of Ontario and The Governor General Sovereign Volunteer Medal of Canada.