



VOLUNTEERS NEEDED!

*** JANUARY 10th (9:30am-4:45pm): Symposium**

*** DECEMBER 10th (4pm-5:30pm): Pack-n-Stack Party: (pack 400 backpacks & clipboards)**

Healthcare Volunteers(including college students!) GREATEST NEED is symposium day 10:15-12:15 for table discussion leaders.

DETAILS & SIGN UP AT LINK: <http://www.mifuturonorcal.org/2020-volunteer-registration.html>



2020 annual symposium anticipates 400 high school students from 20 Sonoma County Schools.

The all-day symposium includes: service agency touch-points, photo booth, plenary speakers, interactive workshops, and medical lab stations.

Date: Friday, January 10th, 2020.
Time: 9:45am-4:30pm. **Location:** SSU.

1

PROMOTE MENTAL HEALTH WELLNESS

2

INTRODUCE HEALTHCARE CAREERS

3

STRATEGIC DEVELOPMENT OF A CULTURALLY DIVERSE & COMPETENT HEALTHCARE WORKFORCE

4

TOTAL HEALTH BY ADVOCATING HIGHER EDUCATION ATTAINMENT

HUMAN DIGNITY & HUMAN FLOURISHING

Healthcare is the business of Human Dignity & Human Flourishing. In the clinical setting, when our interventions aren't able to bring Human Flourishing, we shift our focus to Human Dignity. Mi Futuro offers the satisfaction of providing both. Volunteers foster dignity in SoCo youth and encourage them to make decisions that foster a flourishing adulthood.

IMPROVE HEALTH BY 60%

Stats show that the most impactful influence on health outcomes are social-based. Clinical interventions improve health outcomes by only 20%.

Healthy social connection is the greatest Protective Resiliency Factor to a range of health stressors, from mental despair to physical disease.

Mi Futuro is an opportunity for the workforce to challenge youth to choose the health value of social connection as a norm.

