

Onward & Upward

Connecting Youth to a **Brighter** Tomorrow



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Navigating Transitions and Change

CHANGE... What emotions does this simple word generate within your body?

Are you a change-seeker or does the idea of navigating a change or transition leave you feeling overwhelmed and exhausted?

We are on the cusp of many different seasons of transition - graduations, school-to-summer, summer-to-fall, grade-level moves, and much more.

How can we best support children and teens through these transitions?

We propose it might be as simple as 1-2-3!



#1. **Get informed!**

Invest in learning more about our shared human experience around transition and change and use these insights to shift your mindset around how to best support youth through them.

To get things rolling, we developed this **NEW Navigating Change & Transitions Mindshift and Wellness Guide** - enjoy!



#2. **Equip your team with time-saving, off-the-shelf resources**

Check out our **NEW Go-to Transition Resources, A MindPeace Toolkit**. Here we've brought together the best of MindPeace resources and additional community resources to help your team navigate one of the most hectic seasons of the school year.



#3. Stay curious and ask the experts!

The best way to learn how a child or teen is feeling about an upcoming change is to - ask them!

Ready to be inspired? Listen as Yoav, Elizabeth and Rei share their personal experiences with navigating school transitions in this TEDxYouth@WISS [video](#), and consider it an invitation to start a conversation with the youth in your life.

MindPeace Network News

Click [here](#) for important network updates and mark your calendars for these upcoming MindPeace Network educational events...



School Administrator's Forum & Networking Reception

Tuesday, June 2, 1:00-4:30pm

Kenwood Country Club

Keynote: Eric Arbuzi, MD

From Crisis Response to Crisis Prevention: A Strategic Framework for School Mental Health Systems



Annual Summit & Luncheon

Thursday, Aug. 13

Manor House, Mason

Join us as we celebrate your team's hard work and get energized for the year ahead!

Event includes: Poster presentations, resource fair, keynote presentations and a networking lunch.

Register to attend [here](#). Seats are limited.

A word on our Seniors...

A big SHOUT OUT to the **more than 14,000 high school seniors within the MindPeace Network** graduating this spring and to YOU - the school teams who have tirelessly cared for and supported them over the years!

Below is our most recent Spring Transitions Guide for Seniors. Share it far and wide,

along with our sincere best wishes for the exciting next chapter that awaits them.

As we say here in this space, Onward and Upward!

Moving Forward: A Wellness Guide for Seniors: Spring 2026



5642 Hamilton Ave., Cincinnati, OH 45224
United States of America

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