



**HARNEY COUNTY**  
SCHOOL DISTRICT #3

*2nd Annual  
Community*  
**MENTAL WELLNESS FAIR**

**March 11 & 12**

**Burns High School**

*Free & open to the public*

Brought to you by the Oregon Stronger Connections Grant



**KEYNOTE SPEAKER**

Wednesday, March 11, at 6 p.m.

**Special Agent Steve Bohn**

Oregon Department of Justice  
Internet Crimes Against Children Task Force

Special Agent Bohn will inform parents about the risks of online sexual exploitation. The presentation will cover tactics used by online predators, sextortion, information that devices give away about their users, and exit strategies to take if contacted by online predators.

**WORKSHOPS FOR  
PARENTS/FAMILIES**

Thursday, March 12, 4 p.m. – 7 p.m.

**INFORMATIONAL BOOTHS**

**FREE PULLED PORK DINNER**

4:30 p.m. – 6:30 p.m.

Sponsored by Juniper Cookhouse  
and Harney District Hospital

**FREE CHILDCARE**

*Thank you to our sponsors:*

MYNDI HEMPHILL  
LCSW



# Parent Workshops Include:

## **Staying Informed: How Parents Can Support and Guide Healthy Teen Relationships - Ashley Bendiksen**

This parent workshop explores how teens navigate dating, friendships, and social pressures – and what healthy versus unhealthy relationships can look like in real life. Parents will learn common warning signs, often hidden behaviors, and practical ways to support healthy relationships while maintaining connection with their teen as they grow more independent. The session is led by Ashley Bendiksen, whose early experiences with unhealthy relationships led to her professional focus on adolescent well-being and relational health. As teens' social worlds expand, this conversation becomes increasingly important for parents.

## **Future Ready - Nicki Joiner**

Unlock the key strategies parents and families need to effectively support students in their journey toward career success. This practical workshop is designed to equip parents and families with actionable tools and insights for guiding students through essential aspects of career readiness. It also includes how to talk to your students about future college and career decisions.

## **How To Talk With Your Kids - Myndi Hemphill**

Let's talk about the things which get in the way of positive and effective communication. Learn effective and age appropriate strategies to improve communication lines between you and your kids, and why it even matters.

# Parent Workshops Include:

## **Coach and Youth Mentor - Josh Cordell**

Josh's high school teams have won eight state championships, yet he believes coaching is about far more than wins and losses. In this workshop, Josh will share strategies for building strong team culture, empowering athletes with confidence, and using communication and leadership to help players grow both on the field and in life. Coaches will leave with practical tools to strengthen relationships, inspire consistency, and lead with purpose in every season.

## **Parents of Athletes - Josh Cordell**

High School sports can build confidence, resilience, and character — but they can also create pressure and tension. In this workshop, Josh helps parents understand how to support their athlete without increasing stress, allowing for peak performance. Parents will learn practical ways to encourage healthy goal-setting, build a strong inner voice in their child, and create an environment where sports remain a positive and growth-filled experience.

## **Connecting with Your Child - Josh Cordell**

Connection is the foundation of influence. In this session, Josh shares simple, practical strategies for building stronger communication and trust with your child. Parents will learn how to create safe conversations, listen effectively, and stay connected through the ups and downs of adolescence. When connection comes first, everything else becomes easier.

## **Preventing Risky Behaviors - Jason Sanchez**

This parent workshop is designed to equip caregivers with practical tools and confidence to talk with their teens about risky behaviors, including substance use and peer pressure. Through guided discussion and real-life scenarios, parents will learn effective communication strategies that foster trust, set clear expectations, and keep conversations open and ongoing. The session also highlights ways to recognize warning signs, respond calmly and constructively, and strengthen connection so teens feel supported while navigating challenging choices.