



2024 Friends DO Make a Difference Leadership Program

A year long program sponsored by the National Asian American Pacific Islander Association (NAAPIMHA) designed for Asian American, Native Hawaiian, or Pacific Islander high schoolers in the Denver area that are interested in mental health, community building, and leadership opportunities.



Spring 2024 INTERACTIVE LEARNING

Students will engage in a year long program with trainings on mental health, self care, and leadership. In person learning sessions will be paired with fun community building sessions for students to develop friendships with other Asian American, Native Hawaiian, and Pacific Islander students across the Denver region. All learning sessions are held at Sakura Square in Denver.

- February 4, 2024 | 10am-3pm Learning Session 1: Cultural Identity and Mental Health
- February 18, 2024 | 10am-3pm Fun Community Building Session
- March 3, 2024 | 10am-3pm Learning Session 2: Mental Health Challenges and Suicide Prevention
- March 10, 2024 | 10am-3pm Learning Session 3: Resiliency and the Power of Ally-ship
- Date TBD Fun Community Building Session



DESIGN AND IMPLEMENT A COMMUNITY-BASED PROJECT

Students will work with college mentors to develop and implement a community-based project.

UPON COMPLETION OF PROGRAM STUDENTS WILL RECEIVE:

- Certificate of completion
- Community service learning hours for community-based project

Register here <https://forms.gle/8yxGJLxqElizax288>



1. WHAT ARE THE GOALS FOR FRIENDS DO MAKE A DIFFERENCE?

Mission: The Mission of the Friends DO Make a Difference is to create emotionally healthy environments for Asian American, Native Hawaiian, and Pacific Islander students recognizing that friends DO make a difference.

Objective 1: Increase student's leadership capacity to talk about mental health

Objective 2: Provide a safe space for students to talk about mental health and other issues

Objective 3: Find creative solutions to healing

Objective 4: Help students claim their identity as a source of strength

2. WHO IS ELIGIBLE TO APPLY?

Asian American, Native Hawaiian, and Pacific Islander high school students in the Denver Metro region are welcome to apply for the summit!

3. DOES THE PROGRAM COST ANYTHING?

No! The program is monetarily free to participate. We just ask for your time and energy throughout the program. Additionally, NAAPIMHA will support costs associated with the community project.



HAVE OTHER QUESTIONS?

Please reach out to Allyson Goto - allyson@naapimha.org

Register here: <https://forms.gle/UjTPs83AA1z8Uc1H9>