

# HARBORVIEW ABUSE & TRAUMA CENTER EDUCATION FORUM

## THE POWER OF BELONGING: MENTAL WELLNESS AT THE HEART OF Y-WE

### Meisha Wangerin

Program Director, Young Women Empowered (Y-WE)

Meisha Wangerin (she/her) is a passionate and driven leader with over 15 years of experience in non-profit and higher education administration. Meisha's core skills—storytelling, empathy, and relationship-building—are central to her approach in fostering inclusive and transformative environments. Young Women Empowered (Y-WE) is a Seattle-based nonprofit that serves BIPOC girls and gender expansive youth through year-round programming focused on mentorship, leadership, creative expression, and wellness. In this session, Meisha will share how Y-WE intentionally centers mental wellness across all its offerings—from healing justice programs like Kindred Healing to STEAM, creative arts, and movement-based programming.

**DATE**

FRIDAY, SEPTEMBER 12

**TIME**

10:00 - 11:30 AM PST

**REGISTER**

[LINK HERE](#)

**MORE INFO**

This webinar is free and registration is required. Contact us with questions, to be added to the listserv, or to request accommodations (please allow 2 weeks notice): [bharvey1@uw.edu](mailto:bharvey1@uw.edu)



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