

UCLA Prevention Center of Excellence and the Center for Healing and Justice through Sport (CHJS) present:

NOTHING HEALS LIKE SPORT.



Balancing Performance and Wellbeing in High School Athletes

A panel moderated by **Natalie Gutierrez** of CHJS

Between the final whistle and the classroom bell, high school student-athletes navigate a world of intense pressure. How can we, as their support system, ensure they thrive?

Hear directly from student-athletes, parents, coaches, and providers during a virtual panel discussion on supporting student-athlete mental health and wellbeing. A range of topics will be discussed, including: managing performance pressure, academic demands, identity, and life transitions.

This event is designed for educators, coaches, healthcare professionals, youth-serving providers, and anyone who supports high school student-athletes.



JOIN US VIRTUALLY
TUESDAY, MARCH 24, 2026
12:00PM
 **SIGN UP TODAY!**
(2 CEs Available*)

UCLA Prevention Center of Excellence

CHJS

This panel is presented by the UCLA Prevention Center of Excellence and the Center for Healing and Justice Through Sport with support from the LA County Department of Mental Health.

**UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists.
UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.*