

Catholic Youth Convention 2026 Breakout Sessions

Morning Sessions

TALK 1: Missionary Discipleship on the Global Margins with NPH

Do you feel called to accompany impoverished children and families in other countries, but don't know how? Learn more about Fr. William Wasson's longstanding mission of mercy (known as NPH) that effectively alleviates global poverty. You too can be involved in supporting homes, healthcare, education, and faith formation for thousands of young people in need throughout Latin America and the Caribbean. Join us and learn how! Presenter: Joe Cotton, NPH USA Director of Church Engagement.

TALK 2: Never Alone: Accompanying Families and Saying Yes to Life!

Becoming a parent is an incredible experience that includes love, joy, and sacrifice. It's especially challenging when a pregnancy is unexpected! From the womb to the tomb, our Catholic faith invites us to accompany people on life's journey, to treasure the gift of life and to uphold the dignity of every person, no matter their circumstance. Join Catholic Community Services' PREPARES (Pregnancy and Parenting Support) program to better understand how and why we must support families who, despite very challenging circumstances, say yes to life. Learn how all of us—especially youth—are called to be pro-life in today's world. Presenter: Aleah Patulot, PREPARES Program Director

TALK 3: Image and Likeness: Rediscovering Who and Whose You Are

In a world full of pressure to perform, prove, and fit in, this session invites young people to rediscover a deeper truth: made in the image and likeness of God, they already carry a worth and belonging that doesn't have to be earned. Through honest conversation and reflection, we'll explore what it means to know who — and whose — you are, and how embracing your authentic self is at the heart of a confident, joyful faith.

Presenter: Elianna Lucas, Director of Campus ministry, Archbishop Murphy High School

TALK 4: Catholic LifeSaver Corps

Ever had a friend who seemed different or was struggling, but you weren't sure what to say or do? Sometimes people carry burdens that are hard to talk about, and knowing how to respond can feel overwhelming. In this session, you'll learn how to recognize warning signs that someone may be thinking about suicide, how to have caring and supportive conversations, and how to connect them with trusted adults and professional help. You don't need to have all the answers to make a difference. A listening ear, a compassionate heart, and the courage to reach out can be a light in someone's darkest moment.

TALK 5: Never Alone: Finding Jesus on Your Everyday Road to Emmaus

Life can feel confusing, busy, or lonely — just like the disciples on the road to Emmaus. In this session, you'll discover how Jesus walks with you in the middle of your real life: your routines, friendships, questions, and struggles. We'll explore how the Eucharist helps you recognize His presence and how your everyday moments can become places where your faith comes alive.

Presenter: David Do, Seminarian, Archdiocese of Seattle

TALK 6: With Us Always: The Eucharist and God's Presence

In a world where loneliness, pressure, and uncertainty can feel overwhelming, Jesus reminds us that we are never alone. Through the Eucharist, Christ is truly present with us, offering His love, strength, and friendship. This session will explore what the Eucharist really is, why it is the heart of our Catholic faith, and how encountering Jesus in the Blessed Sacrament can transform our lives and help us recognize His constant presence.

Presenter: Dulce Daluz, Pastoral Assistant for Youth and Young Adults, St. Anthony Catholic Church

TALK 7: Meeting Christ: Deserts and Gardens

Jesus carried the weight of the world so we wouldn't have to, and yet, sometimes we find ourselves feeling alone to carry and endure all that we go through. Often, we equate going through something alone with strength, and if we struggle, then somehow, we are weak. Not even Jesus was immune to mental health struggles, but he knew who to rely on and how to rely on his heavenly Father. In this session, we will explore themes of mental health and how our faith can serve us in our struggles so that we may embody the strength we find in Christ.

Presenter: Amanda Woyak, Pastoral Assistant for Youth Ministry, Parish Family 11

TALK 8: Staying Catholic in College

This session invites you to explore and prioritize the vital role faith plays in college on your journey into adulthood as lifelong disciples. Discover how to establish practices that keep your faith vibrant amid many distractions and opportunities. Learn to surround yourself with friends who support your beliefs, prioritize what truly matters, and grow an intentional faith to sustain you. Embrace the importance of engaging with faith resources, planning your life around the Mass/sacraments, and boldly proclaiming the Good News through a life well lived. Learn about the resources at Saint Martin's University to strengthen your faith foundation and navigate your path with purpose and grace.

Presenters: Nick Coffman, Director of Campus Ministry

Afternoon Sessions

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TALK 4: Catholic LifeSaver Corps

Catholic Lifesavers Corps – Be a Light in Someone's Darkest Moment- High School Speaker!

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PM only: TALK 9: Jesus' Sacred Heart: More Than a Symbol-High school Speakers!

Discover the rich history and meaning behind the Sacred Heart of Jesus, one of the Church's most beloved devotions. This session will explore its origins, the saints who helped spread it, and the powerful symbolism found within the image of the Sacred Heart. Together, we'll uncover how this devotion reveals Christ's deep love and mercy and what it means for Catholics today.

Presenter: Archdiocesan Youth Council