The City of Sacramento Department of Youth, Parks, & Community Enrichment presents Mental Health & Wellness Workshops

Let's start the conversation on Zoom

The workshops are youth friendly and provide a safe space for youth to learn about mental health, programs, and personal empowerment. Workshops are presented in a conversational manner where youth are invited to talk and exchange comments with other youth, not required but encouraged.

The workshops are designed to provide information on different matters revolving around mental health and wellness to provide resources that youth can access throughout Sacramento.

**Why Does My Back Hurt?! - Desk Yoga**

Virtual Meetings, Virtual Learning, & Virtual Hangouts have all become a new reality during this pandemic of COVID-19. Sitting for extended periods of time is strenuous on your body. This workshop will teach you simple yoga techniques that you can do from your chair and keep you pain free. In addition to a good stretch, desk yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, stress reduction, and an improved sense of well-being.

**Mon, Nov 23, 2020 @ 3 - 3:30pm**
https://tinyurl.com/YPCE-Yoga-Mon

**Tue, Nov. 24, 2020 @ 5:30 - 6pm**
https://tinyurl.com/YPCE-Yoga-Tue

**Consultation Support Engagement Team for CSEC youth - What is CSEC?**

Do you know someone who is at-risk/currently “in the life”? Please join us in learning about what is Commercial Sexual Exploitation for Children/Youth. Staff from CSET program will be conducting outreach workshops to teach youth: How to recognize if someone is in the life and how/where to get support. We will also be sharing resources in the community for you/your peers. If you/someone you know would like services individually, feel free to connect with our staff, and we can arrange for in-person support.

**Tue, Nov. 24, 2020 @ 3 - 4:30pm**
https://tinyurl.com/CSET-CSEC

**Mindfulness - Quiet the Mind & Brain Relaxation**

Are you feeling more pressure? Experiencing higher levels of stress? Mindfulness is a powerful tool to help alleviate stress and live more fully. Mindfulness is experienced by focusing on the present moment with full awareness. It is often practiced by focusing on the present moment as well as the physical sensations of the present moment, such as the sensation of air passing through the nose or the experience of warm air on the skin.

Mindfulness teaches us to pay greater attention to our internal and external experiences leading to a more balanced and harmonious existence. Through guided meditation this workshop will explore how we can cope with the daily stresses that we encounter.

**Mon, Nov. 23, 2020 @ 5:30 - 6pm**
https://tinyurl.com/YPCE-Mind-Mon

**Tue, Nov. 24, 2020 @ 2:30 - 3pm**
https://tinyurl.com/YPCE-Mind-o1

**This group has rotating topics designed to help you live your best life! Topics include healthy communication, stress management, mindfulness, and taking care of you. Have other ideas or topics you would like to chat about? Bring them to group!**

**Check us out on IG @youthhelpnetwork to learn more about Youth Help Network, get to know our team, tips for self-care, and community resources.**

**#MyBestLife**

**Wed, Nov. 25, 2020 @ 3:30 - 4:30pm**
https://tinyurl.com/YPCE-YHN1

**Next Gen Podcast**

**Episode 01** Power of Organization gives you a quick introduction of the staff and useful tools they use that can help keep you organized at work or school.

**Episode 02** Coming Soon!

**Episode 03** Coming Soon!

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**This workshop series will explore different topics related to wellness each week. Sessions will provide an open dialogue between participants and facilitators on the topic of the day. These workshops are designed to be dynamic and engaging to explore the various weekly wellness topics. Please join us in the conversation and learn about mental wellness.**

**Wed, Nov. 25, 2020 @ 5 - 6pm**
https://tinyurl.com/YPCE-Wellness-1

Stay connected: Use virtual tools like Zoom to celebrate with friends and family

Try to be flexible: This could be a year for new traditions

Continue healthy habits: Try to get plenty of sleep and include physical activity in your daily routine

Take a breather: Take a walk or spend some time outdoors to clear your mind while social distancing

Feel comfortable saying no: Prioritize your safety and mental wellbeing by simplifying your social calendar

For more information on The Source click the banner.

For more information on Stop Stigma Sacramento click the banner.

The City of Sacramento Department of Youth, Parks, & Community Enrichment Youth Division is excited to offer FREE Mental Health, Wellness, & Empowerment Workshops for young people 13-24 years of age.

Workshops are youth friendly and provide a safe space for youth to learn about mental health, programs, and personal empowerment. Workshops are presented in a conversational manner where youth are invited to talk and exchange comments with other youth, not required but encouraged.

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