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 will provide a safe space for YOUTH to join the conversation & learn more about mental health resources available, tips on wellness, & much more.

**Mental Health & Wellness Workshops**
LET'S START THE CONVERSATION ON ZOOM

**Why Does My Back Hurt?! - Desk Yoga**
Virtual Mindful Mini Learnings & Virtual Hangouts have all become a new reality during this pandemic of COVID-19. Sitting for extended periods of time is strain on our backs. This workshop will teach young people 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., April 5, 12, 19, & 26 @ 3 - 3:30pm
https://tinyurl.com/YPCE-DeskYoga-Mon
Wed., April 7, 14, 21, & 28 @ 5:30 - 6pm
https://tinyurl.com/YPCE-DeskYoga-Wed

**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 experiencing life from moment to moment with full awareness and acceptance. The practice of mindfulness teaches us to pay greater attention to our internal and external experiences, leading to a more harmonious existence.
Through guided meditation this workshop will explore how we can cope with the daily stresses that we encounter.
Mon., April 5, 12, 19, & 26 @ 4 - 4:30pm
https://tinyurl.com/YPCE-Mindfulness-Mon
Thu., April 1, 15, & 29 @ 3 - 3:30pm
https://tinyurl.com/YPCE-Mindfulness-Thur

**Consultation Support Engagement Team (CSET) for Commercial Sexual Exploitation for Children/Youth (CSEC) - What is CSEC?**
Staff from CSET program will be conducting outreach workshops to teach youth:
- Understanding Commercial Sexual Exploitation for Children/Youth (CSEC)
- Why Does My Back Hurt?! - Desk Yoga
Do you know anyone who is at-risk, or do you know anyone who has experienced sexual exploitation or abuse? We can arrange for in-person support. If you or someone you know would like services individually, feel free to connect with our staff, and we can arrange for in-person support.
Thurs., April 1, 15, & 29 @ 3:30 - 4pm
https://tinyurl.com/YPCE-CSET

**Let's Talk Wellness**
This workshop 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. Workshops will have a purpose, conversations on lived experiences, exchange of ideas and ways to encourage mental wellness. 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., April 7, 14, & 21 @ 4:30 - 5:30pm
https://tinyurl.com/TalkWellness-YPCE

**My Best Life**
This group has rotating topics designed to help you live your best life! Topics include, but are not limited to: self-care, stress management, mindfulness, and taking care of you. Have other ideas or topics you would like to chat about? Bring them to the group!
Check us out on IG @YHNetwork to learn more about Youth Help Network, get to know our team, tips for self-care, and community resources.
Thurs., April 8, 15, 22, & 29 @ 4 - 5pm
https://tinyurl.com/YPCE-MyBestLife

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**Mental illness: It’s not what you think #StopStigma**
Sacramento County has been working on a campaign to spread awareness on the subject of stigma with mental health and the barriers that discourages individuals to engage in mental health services. This workshop will be interactive and engaging. Participants will have an opportunity to talk about mental health stigma attitudes and perceptions about mental illness and demonstrate that people living with mental illness are everyday people leading meaningful lives. This workshop will have a guest speaker who is currently living with mental health issues and will discuss openly about what that is like for them.
Thu., April 8 & 22 @ 5 - 6pm
https://tinyurl.com/YPCE-StopStigma

**The Source**
Come check out a behind the scenes look into how The Source works to support youth and families in Sacramento County. Enjoy playing games while also discussing efforts to destigmatize mental health struggles and increasing youth support and awareness. Bring questions and an open mind!
Wed., April 28 @ 4 - 5pm
https://tinyurl.com/TheSource-YPCE

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