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.

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

Every Tuesday we can arrange for in-person support. You know someone who needs services individually, feel free to connect with our staff, and also be sharing resources in the community for you/your peers. If you/someone you know would like services individually, please join us in the conversation on Zoom.

**Consultation Support Engagement Team (CSET)**

Professional consultation support engagement team (CSET) program will conduct outreach workshops to teach youth about the effects of Commercial Sexual Exploitation for Children/Youth (CSEC). 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.
- Staff from CSET will be sharing resources in the community for you/your peers.
- Staff from CSET will be conducting outreach workshops to teach youth:
  - What is Commercial Sexual Exploitation for Children/Youth (CSEC)?

**CSET Workshops**

- Thur., March 4, 11, & 18 @ 3:30 - 4:30pm
- Mon., March 1, 8, 15, & 29 @ 3:30 - 4:30pm

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

Thur., March 4 & 18 @ 4 - 5pm

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

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.

**Mental Health: 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 access mental health support. This workshop will provide an interactive session that encourages positive 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.

**The Source**

Thur., March 11 @ 5 - 6pm

**The Source**

This workshop will be interactive, informative, and fun!

**COMING APRIL 2021**

**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 interest. This workshop series will have a variety of topics, including discussions 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 topics. Please join us in the conversation and learn about mental wellness.

For additional information about these workshops please contact:

- Katelyn Bossman at kbossman@csus.edu
- Cristal Mejia at cristalmejia@csus.edu
- https://tinyurl.com/YPCE-CSET
- https://tinyurl.com/YPCE-DeskYoga-Mon
- https://tinyurl.com/YPCE-Mindfulness-Mon
- https://tinyurl.com/YPCE-Mindfulness-Thur
- https://tinyurl.com/YPCE-DeskYoga-Wed
- https://tinyurl.com/YPCE-DeskYoga-Thur