

# Mental Health & Wellness Workshops

LET'S START THE CONVERSATION ON ZOOM



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.



## 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., 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 balanced and 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 @ 4:30 - 5pm <https://tinyurl.com/YPCE-Mindfulness-Mon>  
Thur., April 1, 15, & 29 @ 3:30 - 4pm <https://tinyurl.com/YPCE-Mindfulness-Thur>



## Consultation Support Engagement Team (CSET) for Commercial Sexual Exploitation for Children/Youth (CSEC) - 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 (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. 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.

Tues., April 6, 13, 20, & 27 @ 3 - 4pm <https://tinyurl.com/YPCE-CSET>



## Let's Talk Wellness

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. This workshop series will have 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>



## #MyBestLife

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 the 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.

Thur., April 8, 15, 22, & 29 @ 4 - 5pm <https://tinyurl.com/YPCE-YHN-Thu>



## 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 access mental health resources. Their goal is to fundamentally change negative 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.

Thur., April 8 & 22 @ 5 - 6pm <https://tinyurl.com/StopStigmaSac>



## The Source

Come and join us for 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 access to support. Be prepared to hear from different roles within our team at The Source, including our Advocacy Team who will share relatable lived experience. This workshop will be interactive, informative, and fun!

Wed., April 28 @ 4 - 5pm <https://tinyurl.com/TheSourceSac-YPCE>

For additional information about these workshops please contact  
Katelyn Bossman at [kbossman@csus.edu](mailto:kbossman@csus.edu) or  
Cristal Mejia at [cristalmejia@csus.edu](mailto:cristalmejia@csus.edu)

311 Español | 中文 | Tagalog | Tiếng Việt | Hmoob | Русский

Youth Mental Health Awareness

# Not all wounds are visible.

[StopStigmaSacramento.org](http://StopStigmaSacramento.org)



City of SACRAMENTO  
SUMMER @ CITY HALL

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

# BECAUSE YOU'RE NOT ALONE

**THE SOURCE**  
(916) SUPPORT  
(916) 787-7678  
CALL or TEXT  
**24/7**

City of SACRAMENTO  
SUMMER @ CITY HALL

**SUPPORTING YOUTH MENTAL HEALTH**

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).