



# 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.

## 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.

Tue., Feb. 16, 2021 @ 3 - 4pm <https://tinyurl.com/YPCE-CSET>  
Tue., Feb. 23, 2021 @ 3 - 4pm <https://tinyurl.com/YPCE-CSET>



## COMING BACK MARCH 2021!

### Let's Talk Wellness: Environmental Health

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.



### #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 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.

Wed., Feb. 17, 2021 @ 4:30 - 5:30pm <https://tinyurl.com/YPCE-YHN-Wed>  
Thur., Feb 18, 2021 @ 4 - 5pm <https://tinyurl.com/YPCE-YHN-Thur>



### 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, Feb. 24, 2021 @ 4 - 5pm [Link Coming Soon!](#)



### 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., Feb. 25, 2021 @ 5 - 6pm <https://tinyurl.com/StopStigmaSac>



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)