

Sacramento County
Department of Health Services, Behavioral Health Services
Adult Peer Support Committee

Meeting Agenda

Wednesday May 14, 2025, 9:00 AM – 10:30 AM

Meeting Location

- Join Zoom Meeting
[Weblink](#)
- Conference Phone
(669) 254-5252 or (669) 216-1590

Meeting ID: 160 235 7474

Passcode: 256987

Topic	Time
I. Welcome and Introductions	9:00
II. Connection B4 Content: • Wellness Community	9:05
III. Topic Discussion • <i>Strategies to Manage Stress and Avoid Burnout</i>	9:25
IV. General Share-out and Updates	10:25
V. Adjournment & Upcoming Meeting	10:30

Interested members of the public are invited to attend Adult Peer Support Committee meetings. If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Alondra Thompson one week prior to the event at (916) 709-5485 or ThompsonAl@saccounty.gov.