



JOIN THE YOUTH PEER SUPPORT COMMITTEE

Are you a Peer Support Specialist in Sacramento County Behavioral Health System? We invite you to join our discussion and connect with fellow youth peer support specialists. Our committee is made up of young individuals who have lived experience with behavioral health challenges and are dedicated to fostering a supportive and understanding community.

As a committee member you will:

- Provide and gain support, guidance, and encouragement from fellow Peer Specialist creating a supportive network where everyone's voice is heard and valued.
- You will work to identify opportunities for growth around implementing programs, raise awareness about mental health and advocate for policies that benefit young people.
- You may identify opportunities for growth within our peer workforce and together, identify tangible solutions
- You will create support initiatives that enhance the well-being of youth individuals and learn how to empower them to take an active role in their mental health journey.

Join us every 2nd
Thursday of the
month from
9:00-10:30

Meeting Dates

June 13, 2024
July 11, 2024
August 8, 2024
September 12, 2024
October 10, 2024
November 14, 2024
December 12, 2024



Meetings will be held
virtually through Zoom.

<https://us06web.zoom.us/j/88490655429>

SACRAMENTO
COUNTY