

Sacramento County
Department of Health Services, Behavioral Health Services
Family, Parent, and Caregiver Peer Support Committee

Meeting Agenda

Meeting Date:

Tuesday March 24, 2026, 9:00 AM – 10:30 AM

Meeting Location

Microsoft Teams [Need help?](#)

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Meeting ID: 225 626 159 487 0

Passcode: aQ6UT9nt

Dial in by phone

[+1 916-245-8966,,843823006#](#)

United States, Sacramento

[Find a local number](#) Phone conference ID: 843 823 006#

Agenda Items

- I. Welcome and Introductions**
- II. Connection B4 Content:**
 - Spring into Mindfulness
- III. Topic Discussion:**
 - Peer Support – How Lived Experience Strengthens Families
- IV. Updates & Share-Outs**
- V. Adjournment**
 - Next meeting Tuesday April 28, 2026
9:00 AM – 10:30 AM