

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

Meeting Agenda

Date/Time: May 26, 2026, 9:00 AM – 10:30 AM

Microsoft Teams

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Meeting ID: 225 626 159 487 0

Passcode: aQ6UT9nt

- 1. Welcome and Introductions** **9:00 – 9:20 am**
Presenter: Rexanne Irizarry, Behavioral Health Peer Program Manager
- 2. Connection B4 Content** **9:20 – 9:30 am**
Presenter: Miesha Nelson, Sr. Behavioral Health Peer Specialist
 - Weekly Weather Report
- 3. Topic Discussion** **9:30 – 10:10 am**
Presenter: Miesha Nelson, Sr. Behavioral Health Peer Specialist
 - Empathy in Tough Times
- 4. Group Activity** **10:10 – 10:30 am**
Presenter: Rexanne Irizarry, Behavioral Health Peer Program Manager
 - *Empathy Charades – Family Edition*
- 5. General Share-out and Resources** **10:20 – 10:30 am**
 - *Group discussion*
- 6. Adjournment** **10:30 am**
Presenter: Rexanne Irizarry, Behavioral Health Peer Program Manager
 - Next meeting: Tuesday, June 23, 2026