



## 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

January 9, 2025

February 13, 2025

**March 13, 2025\* - in person**

*River Oak Center for Children  
5445 Laurel Hills Dr Sacramento, CA 95841*

April 10, 2025

May 8, 2025

**July 10, 2025\* - in person**

*River Oak Center for Children  
5445 Laurel Hills Dr Sacramento, CA 95841*

August 14, 2025

September 11, 2025

**October 9, 2025\* - in person**

*River Oak Center for Children  
5445 Laurel Hills Dr Sacramento, CA 95841*

**November 13, 2025**

---

**Meetings will be held virtually  
through Zoom**

*\*Meeting will be held in person*

<https://www.zoomgov.com/j/1614785816?pwd=VJlX7YqQuL2FdAmfdgzxaQjMsSlQQb.1>

Meeting ID: 161 478 5816

Passcode: 649587

