



OFFICE OF
YOUTH &
YOUNG
ADULTS



MENTAL WELLNESS & YOUNG PEOPLE

A WORKSHOP PANEL WITH MENTAL HEALTH PROFESSIONALS
TO GUIDE MINISTRY LEADERS & CARING ADULTS ON
HOW TO ACCOMPANY YOUNG PEOPLE THROUGH
MENTAL HEALTH & WELLNESS



SATURDAY | MARCH 14, 2026 | 10:00AM-1:00PM

\$15 PER PERSON | LUNCH INCLUDED

IMMACULATE CONCEPTION PARISH

3263 FIRST AVENUE | SACRAMENTO