



OFFICE OF
YOUTH &
YOUNG
ADULTS



MENTAL WELLNESS & YOUNG PEOPLE

A WORKSHOP PANEL WITH MENTAL HEALTH PROFESSIONALS
TO GUIDE MINISTRY LEADERS ON HOW TO ACCOMPANY YOUNG PEOPLE
AS THEY NAVIGATE THROUGH MENTAL HEALTH & WELLNESS



AMANDA
HORROCKS,
DNP, NP, PMHNP-BC



BRYAN
KELSO,
LMFT



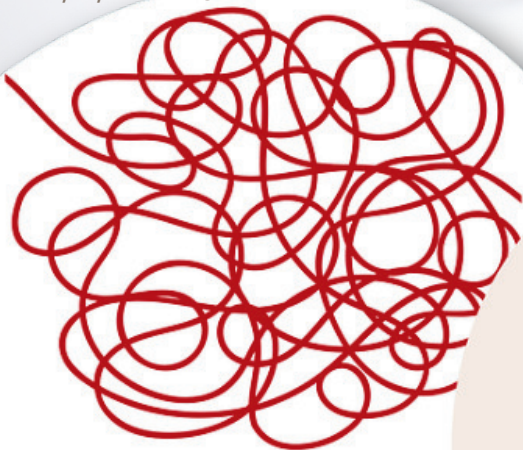
CATHERINE
FISHER,
LCSW



CECELIA
HOLLCRAFT,
LCSW



PATIENCE
SILVA,
LCSW



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

\$15 PER PERSON | LUNCH INCLUDED

DISCOUNT AVAILABLE FOR PARISH GROUPS WITH 10+

IMMACULATE CONCEPTION PARISH

3263 FIRST AVENUE | SACRAMENTO