

ARE YOU BETWEEN THE AGES OF 15-26 AND INTERESTED IN MENTAL HEALTH ADVOCACY?

Be part of a statewide advocacy project by The California Youth Empowerment Network (CAYEN), a program of Mental Health America of California (MHAC). CAYEN will be collaborating with the Slavic Assistance Center in Sacramento and is looking for youth leaders to build awareness and advocacy around mental health in the Slavic community.

BENEFITS

- Explore and uplift mental health issues affecting the Slavic Community in Sacramento
- Explore and engage with community decision-makers
- Engage in leadership and workforce development, such as communication, teamwork, public speaking, and advocacy
- Be part of a statewide project to build youth leadership in mental health advocacy
- Great resume builder

PROJECT STRUCTURE

- Project will start with advocacy workshop series put on by CAYEN|MHAC on Nov. 2
- You will gather with your team weekly or bi-weekly for meetings
- You will engage with and present in front of decision-makers
- You and your team will continue advocacy work for 12 months

ELIGIBILITY

- Must be between the ages of 15-26
- Have time to attend weekly/bi-weekly meetings
- Able to commit for about a year



Email Roman to join the Sacramento team at [Romanromaso@yahoo.com!](mailto:Romanromaso@yahoo.com)

