

Virtually: Talking With TAY

Alameda County ^{ac} ^{bh}
Behavioral Health Care Services
MENTAL HEALTH & SUBSTANCE USE SERVICES

These TALKS shall engage Transition Age Youth (TAY), ages 16-24 years, in a **two part series** of discussions and sharing of resources which aims to increase mental health awareness, engagement with other TAY, and connection to community partners. In working collaboratively with the ACBH TAY Division, it is hoped that TAY will decrease any barriers to seeking mental wellness support and access to appropriate services.

July 29th
5-7 PM

Unprecedented Times COVID-19
Climate

TAY Are Resilient

Aug 5th
5-7 PM

Learning Objectives- After these sessions, participants will be able to:

- Identify barrier Transition Age Youth have encountered in seeking support during these unprecedented times.
- Identify the approaches and solutions to self-caring and maintaining wellness.
- Identify multiple resources to support their wellness.

Please RSVP Shannon Singleton- Banks
Email: InfoACBH.TAY@acgov.org or Call: 510-529-9823
Register: <https://zoom.us/meeting/register/>