

T A Y - T R A N S I T I O N A L A G E Y O U T H

TAY DAYS @ THE CAPITOL

REMEMBER, REBUILD, RECOVER;

HEALING THROUGH GENERATIONS

JUNE 22-24, 2021

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[@Ca_yeNetwork](#)



TAY DAYS JUNE 22-24



HEALING THROUGH GENERATIONS

This year's three-day free virtual event theme is "**Remember, Rebuild, Recover; Healing Through Generations.**" Our programming will embody this theme as we center our performances- "Advocacy Through Artful Expression," workshops/training, and panels around empowering and amplifying the voice of transitional age youth (TAY) across the State of California. This event will engage and connect youth with mental health stakeholders in order to learn about the current state of TAY mental health.

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Engage with us on *Instagram*
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How do I tune in? We will be streaming live on Facebook, Youtube and Twitch!

Click the Icons to Join!



TAY DAYS JUNE 22-24



HEALING THROUGH GENERATIONS



"Remember, Rebuild, Recover; Healing Through Generations Means remembering other people have gone through mental health crisis' as well. and coming together will help us rebuild and recover from such hard times"

-MORGAN, CAYEN BOARD MEMBER

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DAY 01

12-2:30 PM



12-12:05PM

12:05-12:15 PM

12:15-12:35PM

12:35-12:40PM

12:40-1:25PM

1:25-1:30PM

1:30-2:25PM

2:25-2:30PM

TAY DAYS JUNE 22-24 REMEMBER, REBUILD, RECOVER HEALING THROUGH GENERATIONS

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Click the icon above to register and tune in LIVE by clicking on the different streaming icons below!



Meet our
Youth MC:

Mico
(they/them)



Welcome by Zofia Trexler, CAYEN Board President

Motivational Speech by Bahlam Vigil, Vice-Chair of San Francisco Behavioral Health Commission

Advocacy Through Artful Expression

- Rose Kim- "I Don't Want to Impress You, I Want to Reach You"
- AJ- "On Writing Love Letters to People Who Don't Exist... Yet."

5 Min of Wellness by CAYEN Wellness Committee

"Opportunities for Change"

Engage with The California Youth Empowerment Board:

Claire
Francisco
Morgan

Mico
Derek
Zofia

Directing Change Film Features

- **"A Mile in Their Shoes"** Filmmaker: Erin Murphy
- **"El Silencio Interior"** Filmmaker: Wendy Obispo & Leslie Gomez

The Collective Power of Youth Mental Health Advocates: the BC2M movement.

A workshop with youth leaders from Bring Change to Mind around addressing stigma and creating confidence in sharing stories. Learn how to change lived experience into advocacy and change.

Joshua
Emma

Grant
TJ

Close by Derek Doung, CAYEN Board Member

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DAY 02

12 - 2:30PM



12-12:05PM

12:05-12:15 PM

12:15-12:20PM

12:20-12:40PM

12:40-1:25PM

1:25-1:30PM



1:30-2:25PM



2:25-2:30PM

TAY DAYS JUNE 22-24 REMEMBER, REBUILD, RECOVER HEALING THROUGH GENERATIONS

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Click the icon above to register and tune in LIVE by clicking on the different streaming icons below!



Meet our
Youth MC:
Warda
(She/Her)



Welcome by Mimi, TAY Action Team Member with



Motivational Speech by Cyn Gómez, Mental Health of America Young Mental Health Leader

5 Min of Wellness by AJ

Advocacy Through Artful Expression

- Eboni Esra- "Lost Girl"
- Caroline Sky- "Rise Up"
- Sam Peter- "Fading Light"

Local Voice Empowered-Panel

Join this panel discussion with 9 different TAY leaders from CAYEN advocating for change in 9 different counties across California.

Mariya
Emma
Julie

Lilly
Zakiya
Kathryn

Dawson
Jeanine
Emily

Directing Change Film Features

- **"Bloom"** Filmmakers: Grace Shao, Shailee Sankhala, Yinzhi Pan, Raksha Rajeshmohan, Cecilia Mou, Rachel Shim, Megan Sha, Anne Wu, and May Essman
- **"Legacy"** Filmmakers: TingYi Wu, Evan Shih, and Colin Zhao

"Bringing Mental Health to Your Family"

Join the Muslim American Social Services Foundation TAY Action Team in their workshop centered around bringing mental health to your families.

Christina
Ofsana
Zahra

Warda
Osamah
Zakiya

Dina

Close by Sophie Suh, TAY Action Team Member with



DAY 03

12 - 3 PM



12:30-12:45PM

12:45-1:05PM

1:05-1:10PM

1:10-1:25PM

1:25-2:30PM

2:30-3PM



TAY DAYS JUNE 22-24 "BIG DAY OF ADVOCACY"

LET'S MAKE MENTAL HEALTH EDUCATION A
PART OF K-12 CURRICULUM!

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Click the icon above to register
and tune in LIVE by clicking on the
different streaming icons below!



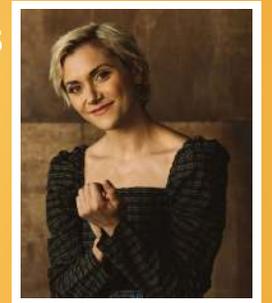
Meet our
Youth MC:
Zakiya
(she/her)



Welcome by Christina, TAY Action Team Member with MAS-SSF

Welcome by Senator Anthony Portantino, District 25

Keynote Address by Activist and Actress:
Alyson Stoner



5 Min of Wellness by Asian Mental Health Project

Advocacy Through Artful Expression

- Sugi Dakks- "No Other Way"
- Raven- "Mother" & "Take Me Home"
- Ruby Ibarra- "Someday"

How to Use Storytelling & Advocacy Training by Gabriel Garcia
Followed By Virtual Legislative Visits for Pre-registered
Participants

Virtual Legislative Visits for Pre-Registered Participants

Directing Change Film Features

- "We Don't Do That" Filmmakers: Olivia Bishop
- "When I was Your Age" Filmmakers: Cecilia Mou, Ryne Dunman, and Shailee Sankhala

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TAYDAYS BIOS

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Mico Mastrili (they/them) is a 24-year old sociology student from San Jose, California. They first got involved in mental health advocacy during their undergraduate career at UC Santa Cruz and have carried this passion throughout their professional and personal career. They are heavily involved in community organizing and mental health advocacy and have a strong affinity for social justice and cultural representation, especially in politics and legislation. They strive to attend law school one day and become California's first queer, transgender, first-generation Filipino-American legislator who suffers from a learning disability and mental illness. They were diagnosed with ADHD, anxiety, and depression late in life and understand how arduous the mental health system is and wants to make it more easily accessible for all, especially for marginalized communities of color throughout California.



Zofia Trexler is an 18-year-old college student from Fresno, California, and the current president of the CAYEN board. Aside from her work on the board, she is a member of the Fresno Youth Platform, a group of Central Valley youth leaders dedicated to increasing youth political engagement, as well as a journalist for the kNOw Youth Media and a member of the Advisory Board for FresnoLand, the policy, and media lab of the Fresno Bee.



Bahlam Vigil (they/them), is the current Vice-Chair of the San Francisco Behavioral Health Commission and is the first gender non-binary identified former Chair of the San Francisco Youth Commission. They are age 22, attend CCSF as a sociology student, who has an interest in not just understanding how one should cope with behavioral health issues but how we address behavioral health problems by addressing the root social contributors through social and behavioral science research and applying theoretical frameworks in sociology and psychology to pinpoint what social policies need to be enacted to see the biggest positive impact in dialogical collaboration with the communities they work with.



Rose Kim (she/they) is a 1st gen Korean American theatre artist and writer who believes in paying attention to anti-mainstream currents. She has produced original, YA-driven POC-centered theatre non-stop for 5+ years. Needing a vehicle for continued performance practice and research but discontented with mainstream U.S. theatre culture, Rose founded Art Rat Theatre in 2019, dedicated to decolonizing theatre for a truly diverse, new era audience. Rose believes in Art Rat's ability to catalyze a greater network of independent, institutionally marginalized young adult creatives. In 2020, she published her first book, 25: Before, During, and Shortly, which is available for purchase now at 25thebook.com (all proceeds go to Art Rat's budget for compensating artists).



Aj Arzaluz (they/them) is a Sacramento-born and raised individual. They are central Latin American and Mexican and are very proud of their Nicaraguan and Costa Rican backgrounds. Art and music has always been central to their life, and they are one of those people who always sang first and talked second. "A narrative that can empower us" is a theme that centers on their art, and they love to explore the endless potential of life. They first started performing on stage in high school, from acting to poetry to giving speeches and even dancing a little bit. Their last acting performance in Anna Jack Tess for Art Rat Theatre Co, which they did virtually during quarantine, got them back into writing again. They are excited to share their favorite life hacks with you blended in narrative and the song of poetry.



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Lorne Wood is Co-Vice President of California Youth Empowerment Network (CAYEN). Lorne is a Peer Mentor and Peer Training Specialist with Stars Behavioral Health Groups Stars Training Academy. Lorne's lived experience with learning how to manage his own depression and anxiety have helped him to excel in life. Lorne spent most of his childhood in foster homes and group homes throughout Los Angeles County. Lorne now financially supports himself, has an apartment, is pursuing his college education, and holds a demanding professional job.



Claire Zhang currently resides in Alameda County, CA. She graduated from UC Berkeley with a B.A. in Psychology in 2020 and plans to attend a graduate school this Fall to study Mental Health Counseling. Her interest in mental health originated from her own lived experiences in anxiety during childhood. In her spare time, she volunteers with the Crisis Text Line as a crisis counselor. As a CAYEN board member, she wants her advocacy to improve the access to mental health resources for high school and college students. This year she is advocating for SB 224. She believes making mental health education mandatory in K-12 schools will help to promote mental health awareness for youth and alleviate the rate of undiagnosed mental illnesses among them.



Morgan Nguyen is 17 years old from Lancaster, California. She is a recent High School graduate and now takes courses at her local Community College. She grew up as a competitive gymnast but was severely injured and had to step away from the sport. The injury led to a new interest, mental health, which plays an important role in her life today. As a young teenager, Morgan says she "knows what it feels like to be silenced when it comes to the subject of mental health." As a CAYEN Board member, she wants to give teenagers and young adults a voice. She is a passionate individual who wants to end the stigma of mental health. Through art, she believes that youth can advocate for their mental health needs and struggles because "art can portray a real, in-depth, point of view for youth's lived experience."



Derek Duong is committed to improving the general health of the people as a Master of Public Health student. He would like to do this with a concentration in mental health, especially since it can be underrated with youth. In the field of mental health, he has been a treasurer in the mental health organization Active Minds, a volunteer with NAMI, and worked as a behavior interventionist with neurodiverse youth. With experience in nearly every field regarding mental health, he is proud to be a part of the force for better and equitable mental health laws and change.



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Grant Venable has been with the Bring Change to Mind program since 2018 when he started his high school's first mental health club with the help of the program. Since then, he has continued to advocate for youth mental health awareness on the BC2M mentor board as well as through participating in various on-campus clubs and programming in high school and college. He graduated from Notre Dame High School in 2020 and is currently studying undergraduate at Bard College in New York.



TJ Parekh is a current member of the Dartmouth Class of 2024. He is from Montville, New Jersey, about 30 minutes from NYC, and accordingly, loves a good slice of city pizza. He attributes this love for good food to his family (parents, sisters, grandparents, etc.!) who play a huge role in his life. At Dartmouth, he is a trained Peer Support Volunteer through his school's Mental Health Union and Wellness Center, so he serves as an informal support resource for classmates in need of a conversation or advice. Additionally, he works on the Bring Change 2 Mind (BC2M) Mentor Board where he helps pioneer ideas for the organization whether in social media marketing, club events, or partnership outreach. In high school, he was the co-founder of their BC2M chapter and was able to leverage his role on the Student Council to normalize the conversation around mental illness. Outside of the classroom and pre-professional clubs, he occupies much of his time playing sports with friends/cousins, lounging with his dogs, working with mental health advocacy groups, and watching movies! His dream job is working as a mental health venture capitalist to provide large-scale mental wellness solutions to people everywhere!



Joshua Fassnacht is a second-year Psychology and Environmental Studies student at the University of Victoria, British Columbia, and is from the state of Indiana. Environmental psychology and ecotherapy are his passions that he intends to pursue professionally after post-secondary education as an educator and applied psychologist. He currently is a mentor at mental health non-profit Bring Change to Mind (BC2M) and is the Director of International Student Relations at UVic's student union focusing on culturally relevant mental health and sexual violence prevention services. It is his passion to continue speaking his own truth and to amplify that of others while bringing today's youth closer to nature and helping them reclaim their own unique voices so as to inspire others as well.



Emma Healy is from Napa, California. She is a second-year psychology and food studies major at UCLA. Her goal is to pursue a career in the medical field and be able to further help others. In addition to her passion for health and wellness, she is passionate about mental health, which is just as important as our physical health. In middle school, she first got involved with a small group before it transformed into a local nonprofit in Napa called Teens Connect, which supports and engages youth and is centered around mental health and wellness. Through her time as a board member for Teen Council and Teens Connect, she became certified in Youth Mental Health First Aid and got involved with various mental health initiatives, including starting a Bring Change to Mind chapter at her high school, and now she is a mentor for BC2M. During this past year of college, Emma and her friends started a chapter for the Institute on Aging, focusing on the mental health and well-being of the aging sector. Emma is excited to continue her advocacy work for mental health and wellness!



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Warda Ali is a Somali Muslim American and was born and raised in California. As a child of immigrants who holds her religion and culture close to home, she realized at a young age that mental health was stigmatized in her community. This launched her into community outreach work and volunteering at local mental health organizations. Beginning to volunteer and attend workshops at the age of twelve, she wanted to understand and learn more about the mental health issues that she and her family and friends were experiencing. Warda has struggled with severe anxiety all throughout her childhood but it became prevalent to speak up on taboo topics like mental health as she watched her friends, family, and peers be silenced during their mental health crises. Warda's journey in mental health advocacy advanced when she joined the Sacramento branch of the TAY Mental Health Advocacy Group. She believes in the importance of the youth voice and youth involvement in large-scale change. As a CAYEN Board Member, she hopes to be a voice for Black Muslim youth and provide a platform for their voices.



Maria Mier-Rosales, whom most people call **Mimi**, is a queer, Latinx artist and advocate who is a native to San Francisco. They are 19 years old and currently work with the Mental Health Association of San Francisco (MHASF). Mental health has always been important to them and prevalent in their life, amongst themselves and family members. They have always been passionate about advocacy & activism and their mental health has only brought them closer to that. While navigating their own mental health challenges, they have also learned how to help others. Now, they are here to speak their truth and help others share theirs.



Cyn Gómez is a second-year student studying at the University of California, Berkeley, they hope to study Social Welfare with minors in Spanish and Race & Law. Additionally, Cyn aspires to be a Civil Rights Litigator and Congressperson in the future. Cyn seeks to do this work in order to have people like them in a position to make a difference and truly advocate for the rights of LGBTQ+, Latine, low-income people. Right now, they are a part of the ASUC, serve as a commissioner on homelessness to the city of Berkeley, and serve as a member of the non-profit organization, Tangible Movement. Cyn is a non-binary person that wants to make a difference in areas from mental health to LGBTQ+ issues because they believe the only way to make real change is through understanding that issues are not independent of one another; an intersectional approach to change-making is essential to make a real impact.



Sam Peter is an Indie rock Singer/Songwriter from El Dorado County. He has recently released two singles with his band Light Rays and is also working on a Solo Album called "Paper Tigers" that is scheduled to release later this summer. Sam has been performing since 2015 and has had the chance to tour up the Oregon coast and down as far as the Viper room in Hollywood.



Eboni Esra is a Sacramento-based, Bay Area raised artist whose work primarily focuses on the relationship between the mind and its impact on the physical body and on a larger scale, utilizes cultural archetypes to express the relationship between humankind and the planet we reside on. Their goal is to create cathartic experiences that ultimately encourage the audience to look inward in consider their relationship within themselves and how that is expressed in the external world.



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Christina Aguilar is an advocate within the Muslim Community and is passionate about educating others on the importance of mental health, awareness, and resources. Christina developed a short documentary in undergrad called "Let's Talk About Mental Health: A Look Into Suicide Prevention," highlighting everyday mental health struggles, the importance of seeking support, and how to do so. Christina is currently the outreach and resource coordinator of MAS-SSF and also manages MAS-SSF's two youth programs: Muslim TAY Advocacy Program and Amala Hopeline (A warm line for youth). Christina believes every day is a chance to remind someone that they have someone in their corner no matter how dark life may seem in this moment. Instagram: @tinamaria.a Linked In:



Caroline Sky offers a unique sound in a traditional pop sound space. Ever since her debut on The Voice at age 16, and her Top 50 performance with American Idol this year, judges and audiences alike noticed a sound that combines a multitude of genres: Country, Pop, and R&B. More so, she presents a style that fuses sounds similar to artists Tori Kelly, Kelsey Ballerini, Ariana Grande, and SZA. The 20-year-old singer-songwriter whose talent emanates in each vocal transition demonstrates creative lyricism in each song and offers a uniquely personal and emotive story in every line. In 2021, she has continued to offer a rhythmic, sultry, soulful sound and vocal depth that instantly hooks the audience. Her release of "Company (prod. By Zach Wolf)" has been her biggest hit yet. Sky's vocals instantly hypnotize you with its raspy and sensual vocal runs that could make Ariana Grande blush. With incredible music releases and project collaborations, Caroline Sky has some trailblazing projects on the horizon this year.



Zakiya Bangura is an artist, a second-year college student, and a passionate mental health advocate from Sacramento California. She is particularly passionate about educating people on the importance of mental health awareness and the destigmatization of mental illness and related topics. Zakiya has taken countless workshops on mental health and continues to attend workshops and events in an effort to expand her knowledge. For the last year, she has been a part of MAS-SSF's Muslim TAY Advocacy Program which aims to create change in her community and promote mental health awareness within and for the Muslim community. Zakiya Aspires to create and promote culturally and religiously competent mental health resources that are widely accessible to the public.



Ofsana Popal is a student studying political science! She grew up admiring the strong role models she has had for using their voices to inspire and create positive change. This is what has led her to want to do so herself. Growing up, she faced many struggles with being the only Hijabi in her predominantly white school with over 2,000 students and constantly facing doubt throughout her community for wanting to change the stigmas that Muslims face daily. While attending college, she was very active with her MSA and her previous internship with SHARE Institute. These extracurricular programs have pushed her to be their best self and to continue to use her voice to empower those around her who are met with struggles when using their voices. She hopes to continue to spread awareness on topics that need it and to continue to advocate for their communities needs.



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Sophie Suh is a student at Dos Pueblos High school and is very involved with mental health help for her peers. She is a part of the Youth Wellness Connection Council and TAT action team to destigmatize mental health and to help pass bill SB 224. She has had a lot of experience involving mental health and many of her friends have had personal experiences as well. Mental Health is super important, not only her own but others. This conference's theme is also pertinent to our everyday lives. Speaking as an Asian-American, parts of her culture still do not hold mental health as something people need to be aware of, so the idea of healing through generations makes a lot of sense to her. she is incredibly happy to be a part of a team that advocates for this!



Senator Anthony Portantino represents California's 25th State Senate District, which stretches along the 210 Freeway from Sunland/Tujunga to Upland. He proudly represents the Rose Bowl, Jet Propulsion Laboratory, Griffith Park, Warner Brothers, Disney, Caltech, and the Claremont Colleges. Supporting public education, mental health, and sensible gun control have been priorities for Senator Portantino during his time in office. His accomplishments include increasing funding for special education and the K-12 Local Control Funding Formula. He has authored legislation that created California's umbilical cord blood collection program, pushed back school start time for middle and high schools, banned the open carry of handguns on Main Street California, raised the purchase age of firearms to 21, and placed the suicide hotline number on student identification cards. In addition, his efforts have created a science fellowship in the State Capitol and established a unique partnership between the University of California and Historically Black Colleges and Universities.



Alyson Stoner is a multi-disciplinary artist, published author, and global speaker. She is a co-founder of Movement Genius, a digital platform using movement to improve mental and emotional health. Committed to advocacy in mental health and social impact, Alyson has partnered with the United Nations, World Economic Forum, World Health Organization, Al Gore's 24 Hours of Reality, Los Angeles LGBT Center, TED, and many others. Alyson also believes that knowledge is power, and therefore has garnered certifications as a clinical trauma specialist through Dr. Jamie Marich's Dancing Mindfulness program along with a basic psychology certification from John Hopkins University.



Osamah Al-Janabi is a student at Sacramento State University pursuing a degree in Biomedical. He likes sports, especially soccer. Osamah has been advocating for mental health with the Muslim American Social Services Foundation as a TAY Action Team Member.



Zahra Enayatu is a recent public health graduate from Sac state and a mental health youth advocate with MAS-SSF.



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Carrie Zhang is the founder of the Asian Mental Health Project, an initiative that aims to educate and empower Pan-Asian communities in making mental healthcare more accessible. Founded in 2019, the project currently uses social media, multimedia content creation, and community events to de-stigmatize topics of mental health, critical social issues and provide tangible resources. A daughter of Chinese and Taiwanese immigrants, she graduated from the University of Southern California and currently works as a communication and marketing professional in the tech, entertainment, and music space. In her free time, she loves singing, making art, song-writing, and trying the latest fluffy food trend.



Sugi Dakks is the brainchild of Kyle Donald, originally from Lakeport, CA and now based in Los Angeles. A college graduate in Jazz Piano and Cuspi National Slam Poetry finalist, his dual interests in poetry and music merged into the jazz-tinged hip-hop sound that is Sugi Dakks. His first singles have reached over 1 Million plays on Spotify, Soundcloud & Youtube, and have been showcased on the hit TV series "Power", The Kelly Clarkson Show, and Love and Hip-Hop Atlanta. Sugi Dakks has been performing live shows around Los Angeles, including The Avalon, The Echo, The Mint, multiple SoFar Sounds shows, The Viper Room, Whiskey-A-Go-Go, The Hi-Hat, The Study, and multiple protest-oriented events. The live show includes real instrumentation combined with a dynamic blend of piano playing and rapping from Sugi Dakks. Also a prolific producer, Sugi Dakks was a producer on Grammy Nominated Artist Wale's latest album, "Wow, That's Crazy", and Grammy Nominated major label artist Chika's Debut EP "Industry Games."



Raven Kauba is a San Francisco-born, Sacramento-raised community organizer, nursing student, birth doula, and visual and performing artist. she believes Islam is the foundation and sustenance of her commitment to trauma-informed healthcare and restorative justice practices. Raven and Eric have been playing music together since they met in 2015, and share a love of jazz and r&b. when she is not with patients, Raven loves reading, singing, boxing, weightlifting, and spending time with her friends and family.



Ruby Ibarra is a rapper and spoken word artist from the Bay Area, CA. She released her debut album, CIRCA91 at the end of 2017 and has since toured across the United States at universities, empowerment conferences, music venues, and spaces such as - the National Mall in DC, The Getty Center, and the De Young Museum. Ruby has been featured on notable publications such as NPR, Huffington Post, South China Morning Post, BuzzFeed, XXL Magazine and was featured in a Grammys/MasterCard commercial and campaign with R&B singer SZA. Ruby's music is available on all digital platforms and can be heard in several museum exhibits, films and television features.



Gabriel Garcia is a passionate community advocate who has traveled around the country training, youth and community members on how to engage in the policy-making process. Gabriel's approach to teaching policy advocacy as a form of storytelling is designed around the idea that policy shapes our lived experiences, so our lived experiences should also shape policy. Although his career has called on him to advocate for policies across different issue areas, his policy priorities have remained rooted in achieving justice and equity for California's most marginalized community members. His ultimate goal is to provide youth and community members advocacy tools and best practices to help them become champions for themselves and their communities. He currently serves as the Policy & Advocacy Manager for Youth ALIVE!, a community-based organization in Oakland focused on preventing and helping people heal from violence.



TAY DAYS JUNE 22-24



BIG THANK YOU TO OUR PARTNERS!

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REMHDCO
Racial and Ethnic Mental Health Disparities Coalition



MHA
Mental Health America
of California
Also known as the Mental Health Association of California



mhaosf
MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO



MECCA
MULTI-ETHNIC COLLABORATIVE
OF COMMUNITY AGENCIES

Assistance
Center, Inc.
Slavic



TWO FEATHERS
NATIVE AMERICAN FAMILY SERVICES

