

Join Sac State's Certified Wellness Coach Program
for our February Snack and Learn about

Sac County's Behavioral Health Services



As you begin your professional journey
learn:

- What mental health resources are in Sacramento County
- How to access these services
- How to bridge gaps in mental health resources of clients of all ages

With Christina Irizarry – Health Program Manager
at Sac County's Crisis Continuum of Care

February 19th 2026
3pm - 5pm
Mariposa Hall Room 4010

Light Refreshments
Provided

Scan the QR code or
click here to RSVP!

