



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



CATHI  
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**