

SAVE OUR YOUTH



SERIES *Parents Edition*

Join The Work Agents community discussion as we address the challenges facing young Black and Brown men and explore solutions through mentorship, workforce development, professionalism training, and career opportunities.

EVENT TOPICS:

- STATE OF OUR YOUTH
- IDENTIFYING ISSUES
- DISCUSSING EDUCATION
- CAREER TALK
- SOLUTIONS

EVENT SPEAKERS

THURSDAY
24th
SEPTEMBER 2026



AKIL JENNINGS

CEO - The Work Agents



GARY SIMON

E.D. Sacramento Juneteenth Inc



ROBERT HASAN

CEO - Renew A New

6:30PM - 7:30PM

IMPORTANT ONLINE MEETING

SCAN THE QR CODE AND JOIN THE DISCUSSION

WWW.THEWORKAGENTS.ORG

JOIN ON YOUR COMPUTER OR PHONE



Date: **Sep. 24, 2026**
Time: 6:30PM to 7:30PM
Show: Save Our Youth
Topic: Parents Edition
Host: The Work Agents
Guests: Akil Jennings, Gary Simon, Robert Hasan, Savannah Robinson

No.	Section	Description	Time	Total
6:30PM	Into Jingle	Save Our Youth	:30	:30
	Prequel	State of Our Youth, Identifying Issues Discussing Education, Career Talk, Solutions.	:60	:90
	Intro Tag	This Zoom Meeting has been brought to you by: The Work Agents Sacramento Juneteenth Inc.	:30	1:20
	Intro Monologue	In response to homicide being the primary cause of death among young African American men aged 15–34, we are on a mission to build a culture that values life and embraces opportunity. Through Work Agents, we empower young men by bridging the gap to mentorship, life services, professional development, and meaningful employment.	:60	1:80
	DISCUSSION	Akil Jennings: Today’s Culture (where we started, where we are now) Messages in Our Music (Options for our youth) Work Agents Workshops Curriculum Gary Simon: Opportunities for youth Arts / Workforce / Music Hospitality Training Robert Hasan: Parenting in 2025 “Who Am I?” “Learning strengths and weaknesses.” Conflict Resolution Anthem Blue Cross Community Supports Presentation Audience Q&A (The Floor)	10: 10: 10: 10: 10:	11:80 21:80 31:80 41:80 51:80
	Closing Remarks	Thank guest, sponsor, and Audience. Next Meeting: Save Our Youth – Teen Edition	5:	56:80
7:29PM	Closing Jingle	Closing Comments	2:00	58:80

SAVE OUR YOUTH MEETING

Parents Edition Virtual Community Meeting Workbook & Resource Guide

Empowering Parents to Protect, Guide, and Support Our Youth

Theme:

Strong Families • Strong Communities • Strong Futures

Welcome

Thank you for participating in the **Save Our Youth (SOY) Parents Edition Virtual Community Meeting**.

This guide was created to provide practical strategies, resource information, youth opportunities, and community support services designed to help families navigate the challenges facing today's youth.

Our goal is simple:

Protect our youth, strengthen our families, and build safer communities.

Meeting Purpose

The **Save Our Youth Parents Edition** is a FREE community-based discussion designed to equip:

- Mothers
- Fathers
- Grandparents
- Guardians
- Foster Parents
- Community Advocates
- Faith Leaders
- Youth Program Leaders

with practical tools and resources to help young people stay safe, healthy, engaged, and successful.

Meeting Objectives

Participants will:

- Learn strategies to reduce youth risk factors
 - Understand warning signs of emotional distress
 - Gain access to local support services
 - Discover positive youth activities and mentoring programs
 - Develop a family action plan
 - Build a stronger support network
-

Section 1

10 Things Parents Can Do to Keep Kids Out of Trouble and Free From Danger

1. Know Your Child's Friends and Influences

Understand who your child spends time with and the environments they frequent.

2. Monitor Social Media and Online Activity

Stay informed about online interactions, apps, and digital influences.

3. Stay Connected to School

Work with teachers, counselors, and school staff.

4. Create Open and Honest Communication

Develop trust through regular conversations.

5. Know Where They Are and Who They Are With

Establish clear expectations and accountability.

6. Teach Conflict Resolution

Help youth manage anger and disagreements peacefully.

7. Encourage Positive Activities and Mentoring

Connect youth with structured programs and positive role models.

8. Recognize Warning Signs Early

Pay attention to sudden changes in behavior or attitude.

9. Discuss Goals and Consequences

Help youth create a vision for their future.

10. Build a Strong Family Support Network

No parent should raise children alone.

Section 2

Mental Health Support: Protecting the Mind as Well as the Future

Why Mental Health Matters

Many youth face challenges that affect emotional well-being including:

- Community violence
- Family stress
- Poverty and housing instability
- Bullying
- Academic pressure
- Social media influences
- Grief and loss
- Trauma and abuse

Key Message

"Just like we seek medical attention for a physical injury, we should seek support for emotional and mental struggles."

Signs a Child May Need Support

Emotional Signs

- Excessive sadness
- Frequent crying
- Feelings of hopelessness
- Increased anxiety

Behavioral Signs

- Anger outbursts
- Aggression
- Isolation
- Loss of interest in activities

Academic Signs

- Falling grades
- Increased absences
- Lack of motivation

Physical Signs

- Changes in sleep habits
 - Changes in appetite
 - Frequent headaches or stomachaches
-

Five Ways Parents Can Support Mental Health

1. Listen Without Judgment

Instead of:

"You'll be fine."

Try:

"Tell me what's bothering you. I'm here to listen."

2. Validate Feelings

Say:

"I understand why that would upset you."

3. Encourage Healthy Coping Skills

- Exercise
- Journaling
- Prayer
- Meditation
- Music
- Art
- Talking with trusted adults

4. Limit Negative Influences

Monitor:

- Social media
- Online activity
- Violent content
- Peer pressure

5. Seek Professional Help

Available Resources:

- School counselors
 - Community programs
 - Faith-based counseling
 - Therapists
 - Mentoring programs
-

Supporting Moms and Caregivers

Remember:

You cannot pour from an empty cup.

Prioritize:

- Self-care
- Rest
- Healthy relationships
- Parent support groups
- Mental health support

Reminder

A healthy parent is better equipped to raise a healthy child.

Parent Commitment

I commit to:

Date: _____

Signature: _____

Section 3

Greater Sacramento Resource Guide

Parent Resource Message

"It takes strength to ask for help. Strong families use resources, build relationships, and seek support before challenges become crises. Every parent deserves a network of people and organizations committed to helping their children thrive."

Emergency Contacts

Immediate Danger

Call 911

Mental Health Crisis

Call or Text 988

Sacramento County Behavioral Health

(916) 875-1055

Community Services and Housing Assistance

Dial 211

Mental Health Resources

Renew A New Counseling

Faith-based counseling and support services.

renewanewinc.org

Sacramento County Behavioral Health Services

Phone: **(916) 875-1055**

Sacramento County Mental Health Access Team

Phone: **(888) 881-4881**

WellSpace Health

Mental health, medical care, family support, dental care, and crisis services.

Website: www.wellspacehealth.org

Mental Health Urgent Care Clinic

2130 Stockton Blvd. Sacramento, CA 95817

Phone: **(916) 520-2460**

Substance Abuse & Recovery Services

Bridges Professional Treatment Services

3600 Power Inn Road Sacramento, CA

Phone: **(916) 450-0700**

Services:

- Substance abuse treatment
 - Parenting classes
 - Sober living
 - Family support
-

Sacramento Recovery House

Men's Program: **(916) 455-6258**

Women's Program: **(916) 451-9312**

Services:

- Residential treatment
- Recovery support
- Trauma-informed care

Housing & Family Resources

SHRA

Sacramento Housing & Redevelopment Agency

Website: www.shra.org

211 Sacramento

Phone: **211**

or

(916) 498-1000

Services:

- Housing assistance
 - Food resources
 - Utility assistance
 - Employment services
-

Sacramento Steps Forward

Coordinated homelessness assistance and housing support.

Website: www.sacramentostepsforward.org

Next Move Homeless Services

Phone: **(916) 454-2120**

Services:

- Emergency shelter
 - Rapid rehousing
 - Family services
-

Transportation Resources

Sacramento Regional Transit (SacRT)

Website: www.sacrt.com

Services:

- Bus transportation
 - Light rail
 - Discount fare programs
-

SacRT Flex

Phone: **(916) 915-0972**

Affordable transportation for:

- Low-income residents
 - Seniors
 - Persons with disabilities
 - Eligible youth
-

Section 4

Positive Youth Activities Directory

Academic, Leadership & Mentoring

The Work Agents

Youth workforce exposure, mentoring, leadership, entrepreneurship, and career readiness.

Website: www.theworkagents.org

Improve Your Tomorrow (IYT)

Website: www.improveyourtomorrow.org

Programs Include:

- Mentoring
 - College tours
 - Leadership development
 - Academic support
-

Sacramento Children's Home

Phone: (916) 452-3981

2750 Sutterville Road Sacramento, CA 95820

Programs Include:

- Counseling
 - Mentoring
 - Family support
 - Leadership development
-

Greater Sacramento Urban League

Youth & Families Center

Phone: (916) 732-3699

2331 Alhambra Blvd. Sacramento, CA 95817

Website: www.gsul.org

Programs Include:

- Youth leadership
 - Homework support
 - Job readiness
 - Financial literacy
-

Folsom Cordova Community Partnership

Phone: (916) 294-9107

Website: www.thefccp.org

Programs Include:

- Mentoring
 - Workforce preparation
 - Career exploration
-

Sports & Recreation

YMCA of Superior California

Phone: (916) 452-9622

2021 W Street Sacramento, CA 95818

Website: www.ymcasuperiorcal.org

Activities:

- Basketball
- Soccer
- Swimming
- Summer camps

Boys & Girls Clubs of Greater Sacramento

Phone: (916) 392-1350

Website: www.bgcsac.org

Activities:

- Sports
 - Tutoring
 - STEM
 - Teen programs
-

Police Activities League (PAL)

Phone: (916) 808-0561

Activities:

- Sports
 - Mentoring
 - Leadership development
-

Arts, Music & Culture

Sojourner Truth African Heritage Museum

Phone: (916) 320-9573

2251 Florin Rd. #126 Sacramento, CA 95822

Website: www.sojoartsmuseum.org

Activities:

- African drumming
 - Dance
 - Cultural arts
-

Sacramento Juneteenth Inc Hospitality Training

Hospitality Training Program

Phone: (916) 320-9573

2251 Florin Rd. #126 Sacramento, CA 95822

Website: www.sacramentojuneteenthinc.org

Activities:

- Class Room Training
 - Hospitality Job Visit
-

Crocker Art Museum

Phone: (916) 808-7000

216 O Street Sacramento, CA 95814

Website: www.crockerart.org

Activities:

- Art classes
 - Family workshops
 - Teen programs
-

Sacramento Youth Symphony

Phone: (916) 731-5777

Website: www.sacramentoyouthsymphony.org

STEM & Technology

Sacramento Public Library Maker Spaces

(916) 264-2920

www.saclibrary.org

Activities

- Coding
- Robotics
- 3D Printing

SMUD Youth Programs

(888) 742-7683

www.smud.org

Activities

- STEM Camps
- Energy Education
- Engineering

Hacker Lab

(916) 668-9953

www.hackerlab.org

Activities

- Coding
 - Robotics
 - Technology Innovation
-

Outdoor & Environmental Programs

Effie Yeaw Nature Center

(916) 876-4918

2850 San Lorenzo Way Carmichael, CA 95608

www.effieyeawnature.org

Sacramento Tree Foundation

(916) 924-8733

www.sactree.org

California State Parks Junior Rangers

www.parks.ca.gov/juniorrangers

Workforce & Career Readiness

Sacramento Employment & Training Agency (SETA)

(916) 263-3800

www.seta.net

Programs:

- Summer Jobs
- Internships
- Career Training

Junior Achievement of Sacramento

(916) 480-2770

3800 Watt Avenue, Suite 285 Sacramento, CA 95821

<https://sacramento.ja.org>

Programs:

- Entrepreneurship
- Financial Literacy
- Career Exploration

Faith-Based Youth Opportunities

Bayside Church

(916) 791-1244 www.baysideonline.com

(916) 428-1177 www.centerofpraise.org

Capital Christian Center

Destiny Christian Church

(916) 856-5683 www.capitalonline.cc

(916) 443-2677

Center of Praise Ministries

www.destinychristian.com

Parent Challenge

Encourage your child to participate in:

- ✓ One Sports Activity
- ✓ One Mentoring Program
- ✓ One Arts or Music Program
- ✓ One STEM Activity
- ✓ One Community Service Opportunity

Free Trade Skills Training

[Top 10 Trade Skills Organizations Offering FREE Training - The Work Agents Org.](#)

Closing Message

"When we connect young people to positive activities, caring adults, and opportunities to grow, we are not just keeping them busy. We are helping them live to build successful futures."

SAVE OUR YOUTH

**Strong Families • Strong Communities • Strong Futures
Together, We Can Save Our Youth.**
