

Resilient Youth Speak Out (RYSO)



RYSO is a group for youth and adult leaders who collaborate to create a safe and engaging space for youth ages 13-21 to connect with their peers, share experiences, and help each other prepare for adulthood while navigating life's challenges.

Meeting Schedule

We meet in person every third Thursday of the month from 5:30 pm - 7:30 pm in our Sacramento office location.

What to Expect

- Peer support and networking
- Fun activities and games
- Gain self-advocacy & leadership skills
- Academic & career development
- Financial literacy resources
- Confidence building
- Community resources and support

Caregivers must sign permission form for youth under 17 years old



Benefits of joining RYSO:

- Safe and inclusive space
- Social connections
- Food is provided
- Receive a \$20 gift card
- Transportation available in Sacramento County
- Community service events
- Fun group outings
- And more!

HOW DO I SIGN UP?

Contact our Family and Youth Partnership team at
RYSO@SSYAF.ORG.