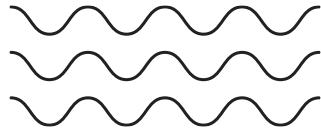


SUMMER @ CITY HALL



A collaborative program supported by:



- Five-week summer program for current Freshmen, Sophomores and Juniors high school students
- Fun small group activities focusing on civic engagement & service learning
- Credentialed high school teachers as instructors
- Internship opportunities with a variety of public sector governmental agencies & local organizations
- Team Advocacy Project "Project City Hall" presented at a City Council meeting



STRESS

Supporting Teens with Resources for Educational Stress Together

Mission
We are committed to providing every student the support they need to take their academic journey.

Services
Join us at your high school for an after school program for peer tutoring, mentoring, and support.
Come to our wellness fair every semester/quarter in your school's quad where there will be organizations to provide insight and knowledge on mental health information.

Coping with Mental Health

BE KIND TO YOUR MIND

- 1 Reach out to others about how you are feeling and use campus resources.
- 2 Stay physically active, eat well, and get enough sleep.
- 3 Practice good self-care and positive self-talk.
- 4 Practice meditation and breathing exercises to relieve stress.
- 5 Take on a new hobby you enjoy and spend time practicing it.

CITY OF SACRAMENTO SUMMER @ CITY HALL



MENTAL HEALTH MATTERS

VISIT OUR FREE COMMUNITY CLUB!
We offer peer support and mental health workshops!

Reach out to us: pinkpanthers62524@gmail.com

CITY OF SACRAMENTO SUMMER @ CITY HALL

Sow seeds so they can SUCCEED

Help Us Make A Change by Calling or by Texting Help or _ to:

Number
TBD

Email
jadedragonz.official@gmail.com



CITY OF SACRAMENTO SUMMER @ CITY HALL

PROJECT CITY HALL

CREATING UNITY ONE CULTURE AT A TIME

★ Bringing Awareness To Different Cultures
Celebration and Equality



CITY OF SACRAMENTO SUMMER @ CITY HALL

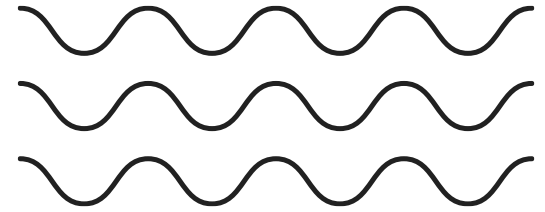
INTERNSHIPS



Each participant is assigned an internship and will complete a 20-25 hour in-person internship, working with local nonprofit organizations, youth programs, and city departments. .



SERVICE DAY



Who can apply?

- Current Freshmen, Sophomores and Juniors who EITHER: Attend an eligible SCUSD, TRUSD, or NUSD high school. Live within the Sacramento City limits.

Where can you apply?

- Applications available ONLINE only
 - For more information visit:
 - <http://www.cityofsacramento.org/summer-at-city-hall>
- *All qualified applicants will be contacted to schedule an interview

When can you apply?

- Now through Friday, April 18 @ 11:59pm

Commitment & Requirements of the Program

- Committed to the five-week summer program
 - Completion of internship as assigned
-

Program Location

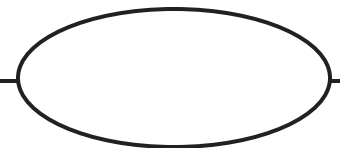
- New City Hall, 915 I Street, Sac, CA 95814

Program Dates

- Student Orientation: Saturday, June 14, 2025, 10:00 AM – 12:30 PM
- Instructional Course: June 23 – July 24, (Monday – Thursday)
- Youth @ City Council: Thursday, July 22 @ 5:00 PM
- Graduation Ceremony: Thursday, July 24 @ 5:00 PM

Internship Assignment

- Begins Monday, June 30 – Wednesday, July 23



PROGRAM BENEFITS

- Five high school elective credits (eligible schools) *Community Service hours for At-Large students
 - Up to \$500 stipend upon program completion
 - Civic engagement is a powerful tool that can be used to make change in your community & have your voice heard
-



- Looks good on scholarship & college applications
 - Build your resume with job experience & development of your skills with a Public Sector Internship
 - Increase your network of peers, employers & resources
 - Opportunity to return the following year as a Peer Mentor
-

QUESTIONS?

For more information:

(916) 808-6162 or

Summeratcityhall@cityofsacramento.org



Attention Freshmen, Sophomores & Juniors!

The Summer @ City Hall program is accepting applications **NOW!**
Deadline: Friday, April 18, 2025 @ 11:59PM

City of SACRAMENTO
Youth, Parks, & Community Enrichment

- Gain valuable work experience to build your resume.
- Participate in FUN & interactive classroom sessions.
- Get an internship assignment.
- A group presentation for the Mayor and City Council.
- Learn how YOU can make a positive change in your community.
- Regional Transit bus pass provided during the summer program.
- Earn a \$500 stipend.
- Earn five-elective school credits and/or community service hours*.

*Students attending a NUSD, SCUSD or TRUSD high school will receive 5-elective credits.
*Students attend schools outside one of the partnering districts they MUST live within the Sacramento City limits to qualify, will receive community service hours.

APPLY HERE or SCAN QR CODE
https://sacramento.formstack.com/forms/ypce_2025_summer_at_city_hall

Questions or concerns? Email to: summeratcityhall@cityofsacramento.org

SCAN ME





THANK YOU