

## Meet the Members of the allcove Beach Cities Youth Advisory Group

To ensure that youth voices continue to be at the forefront of the allcove Beach Cities center experience, BCHD selected a volunteer group of eight young leaders ages 16-25 who represent the diversity of the Beach Cities and surrounding communities of the South Bay. allcove Beach Cities Youth Advisory Group members will help allcove Beach Cities gain a better understanding of young peoples' needs and opinions to provide them with relevant and effective services.



### Marin

*16 years old, Redondo Beach*  
"I'm really excited to be able to work towards destigmatizing mental health and making it easier and more "normal" to access help and talk about it."



### Colin

*16 years old, Redondo Beach*  
"I strongly believe in what allcove stands for and agree that we need a space to find community, support, advice and even just a moment to pause. Having this space available in the South Bay through Beach Cities Health District is such a valuable resource for the community. I am honored to be part of the team to help spread the good work and word of what this organization has to offer the youth in our community."



### Camille

*17 years old, Manhattan Beach*  
"allcove Beach Cities is very important to me as it can be a place where people, no matter their differences, can come together and enjoy the company of others. With so much stress and activity around us at all times, it is important to be able to take a step back from some chaos and relax. I think that allcove can be a place where people are comfortable as themselves."



### Rani

*16 years old, Redondo Beach*  
"I can imagine the new youth wellness center becoming a safe space for young people who want to be able to share experiences with not only professionals who can support them, but also each other. Connecting over shared experiences with mental health acts as therapy in itself. I also appreciate how allcove values youth opinion and allows us to advocate for ourselves. I especially admire the way that allcove campaigns for diversity in its members. Acknowledging the differences in experience and perspective with mental health across different races, genders, sexual orientations and socio-economic statuses makes a significant impact."



### John

*25 years old, Torrance*  
"allcove Beach Cities is important to me because I view it as an opportunity to come together with other people, out of a pure and genuine place, in order to achieve something greater than ourselves. I see it as a chance to start something that can seriously change the path of a young person's life."



### Mollie

*16 years old, Manhattan Beach*  
"allcove Beach Cities is important to me because I believe it will make an impact on the community. Many of my peers struggle with anxiety, depression and other mental health issues. A youth wellness center in our community could provide much needed services."



### Jennalee

*16 years old, Redondo Beach*  
"I am looking forward to being a part of an advisory group that I feel is pioneering the way mental health should be treated in communities. It is inspiring to have the opportunity to make a direct impact on the community in such a positive way."



### Chase

*17 years old, Manhattan Beach*  
"This youth wellness center is something that could make a big difference in our community, especially as much of our youth are still recovering from the effects of quarantine and adjusting to life at school again. By offering this safe space, we can give young people a chance to relax and decompress from the many stresses of life right now."