

Meg Birmingham– Biography

YDN

Youth Development Specialist/ Trainer
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ADAPTABILITY • DEVELOPER • EMPATHY • STRATEGIC • CONNECTEDNESS



Meg joined the YDN team in October of 2019 as a Youth Development Specialist/ Trainer. She returned home to Sacramento after attending the University of Puget Sound in Tacoma, WA where she studied Psychology and Classical History. While she was there she worked as the Logistics/ Youth Coordinator for the Specialized Recreation Department of Metro Parks Tacoma. While Meg has a diverse background working with children she believes that the most impactful work she has done before joining YDN is working with youth with disabilities to learn important life skills and how to give back to their community.

Meg is motivated to help others develop and grow to their full potential and is passionate about creating environments where it is possible for this growth to happen. She is also determined to create/foster intersectional and inclusive communities through a Youth Development framework.

When Meg is not in the office she is outdoors camping, fishing, or practicing nature photography. She can also be found exploring how much the city of Sacramento has changed in the five and a half years she was gone. She also enjoys attending local sporting events, especially Republic matches.

