May is

Mental Health Awareness Month

Event Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

09

Friday

Saturday

Wellness Activity Challenge of the Week

In Person Event

Virtual Event

Take Action LA Event

Paint and Sip Almond Haus 4:30 PM-6 PM

08

02 Parent/Caregiver Safety & Empowerment Trainina 9 AM-11 AM

Greater LA County Mental Health Fest LA State Historic Park

10 AM-2 PM



06



Mental Health 101 **Virtual Workshop** Yoga & Sound Bath Webinar 4 PM-5 PM 6 PM-6:45 PM



1 PM-3 PM







5:30 PM



Florece en Tu Manera Grupo de jardinería 2 PM-3 PM

Amplify: Voices 21

of Mental Health

and Recovery

Magic Tea

5:30 PM-7 PM

15 **Senior Matinee Movie** for older adults Tri-City Wellness Center 12 PM







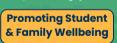


Talent Show Tri-City Wellness Center 6 PM-7 PM

30



May 10 | Encanto May 17 | Ualy Dolls May 31 | Angry Birds



May 16 at 4 PM

Fathers Group

May 16 at 6:30 PM Tri-City Wellness Center

Baby & Me Group

Wednesdays at 6 PM Tri-City Wellness Center





27 **Garden Bloomers** Garden Group Ages 55+ 10 AM-11 AM

Florece en Tu Manera Grupo de iardinería 2 PM-3 PM



StoryTime 3 PM-4 PM

Unboxed: Wellness Your Way 8 AM-8 PM

Social Support

Mental Health Support is Available 24/7

Tri-City 24/7 Supplemental Crisis Line Call (866) 623-9500 National Suicide and Crisis Lifeline Call or text 988 or chat 988lifeline.org Scan OR Code to RSVP & learn more about our events!

Share how you take action for mental health (f) (g) (in) @TriCityMHS #ReimagineMH



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