

May is

Mental Health Awareness Month

Event
Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Activity Challenge of the Week			01  Paint and Sip Almond Haus 4:30 PM-6 PM	02	03  Parent/Caregiver Safety & Empowerment Training 9 AM-11 AM	04  Greater LA County Mental Health Fest LA State Historic Park 10 AM-2 PM
In Person Event	Virtual Event	Take Action LA Event				
05  Self-Care	06	07  Mental Health 101 Webinar 4 PM-5 PM	08  Virtual Workshop Yoga & Sound Bath 6 PM-6:45 PM	09	10  Adverse Childhood Experiences (ACEs) Webinar 1 PM-3 PM	11  Veterans Wellness Day Virtual Event 10 AM-3 PM
12  A Healthy Body and Mind	13  Youth Movie Night for ages 16-25 Tri-City Wellness Center 5:30 PM	14  Garden Bloomers Garden Group Ages 55+ 10 AM-11 AM Florece en Tu Manera Grupo de jardinería 2 PM-3 PM	15  Senior Matinee Movie for older adults Tri-City Wellness Center 12 PM	16  Directing Change Film Showcase & Awards Ceremony Tri-City Wellness Center 6 PM-7:30 PM	17  PFLAG Webinar Family Behaviors that Support LGBTQ+ Youth Wellbeing 12 PM-1 PM	<p><i>More Events</i></p> <p>Family Movie Nights</p> <p>Fridays at 6 PM Tri-City Wellness Center</p> <p>May 3 Inside Out May 10 Encanto May 17 Ugly Dolls May 31 Angry Birds</p> <p>Promoting Student & Family Wellbeing</p> <p>May 16 at 4 PM</p> <p>Fathers Group</p> <p>May 16 at 6:30 PM Tri-City Wellness Center</p> <p>Baby & Me Group</p> <p>Wednesdays at 6 PM Tri-City Wellness Center</p>
19  Mindfulness	20  Let's Get Crafty for ages 16-25 Tri-City Wellness Center 5 PM-6 PM	21  Amplify: Voices of Mental Health and Recovery Magic Tea 5:30 PM-7 PM	22  Clase de Cocinar Tri-City Wellness Center 1 PM-2 PM	23  Seminario virtual estrategias de afrontamiento 6 PM-6:45 PM	24  Talent Show Tri-City Wellness Center 6 PM-7 PM	
26  Social Support	27	28  Garden Bloomers Garden Group Ages 55+ 10 AM-11 AM Florece en Tu Manera Grupo de jardinería 2 PM-3 PM	29  Pomona Public Library StoryTime 3 PM-4 PM	30	31  Unboxed: Wellness Your Way 8 AM-8 PM	

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 QR Code to RSVP & learn more about our events!

Share how you take action for mental health
@TriCityMHS #ReimagineMH

