

May Mental Health

AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>01 take a walk</p>	<p>02</p>	 <p>03 Webinar Series with Mental Health Promoters Serie de talleres con los promotores 9-10 am</p>	 <p>04 Rompiendo Barreras De Salud Mental 10-11 am Everyday Mental Health 10-11 am</p>	<p>05</p>	<p>06</p>	 <p>07 Children's Mental Health Day</p>
 <p>08 listen to music</p>	<p>09</p>	 <p>10 Webinar Series with Mental Health Promoters Serie de talleres con los promotores 9-10 am</p>	 <p>11 Rising Together ACEs Aware Community Training 1-3 pm</p>	<p>12</p>	<p>13</p>	 <p>14 Community Healing Open Mic Event We Rise 2022 4-8 pm</p>
 <p>15 laugh out loud</p>	<p>16</p>	 <p>17 Webinar Series with Mental Health Promoters Serie de talleres con los promotores 9-10 am</p>	<p>18</p>	 <p>19 Listening Circle with Just Us 4 Youth 3:30-4:30 pm</p>	 <p>20 Mental Health Matters Day Unfiltered: Cyberyouth Manifesto 2pm-4pm</p>	 <p>21 Here and Queer: Community Resource Fair We Rise 2022 1-4 pm</p>
 <p>22 express gratitude</p>	<p>23</p>	 <p>24 Directing Change Student Film Contest Film Screening 6 pm</p>	 <p>25 Creative Minds Art Gallery Reception 5:30-6:30 pm</p>	<p>26</p>	 <p>27 Wellness Center Talent Show 3:30 pm </p>	 <p>28 Creating Our Next LA at Walk the Talk We Rise 2022 Noon -4 pm</p>
 <p>29 call/text a loved one</p>	<p>30</p>	 <p>31 wear green to show your support!</p>	<p>SELF CARE CHALLENGE OF THE WEEK</p> <p>VIRTUAL EVENT IN-PERSON EVENT</p>			



Join the movement



@TriCityMHS #TriCityTakesAction4MH

Scan me to RSVP or to learn more about each event!

