

May is




MENTAL HEALTH AWARENESS MONTH

Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Self-Care</p>	<p>01</p> <p>Reclaiming 2SQ+ Youth Thriving: An Intersectional, Anti-racist and Radical Love Approach to Suicide Prevention Webinar 1 pm - 2:30 pm</p>	<p>02</p>	<p>03</p> <p>Growing Youth Growing Gardens Therapeutic Community Garden 2 pm - 3 pm</p> 	<p>04</p>	<p>05</p>	<p>06</p>
<p>07</p>  <p>Reducing Stress</p>	<p>08</p>	<p>09</p> <p>Stress Management and Relief Webinar 12 pm - 1 pm</p> <p>Directing Change at Marshall Middle School 5 pm - 6:30 pm</p> 	<p>10</p> <p>Asian American Native Hawaiian Pacific Islander Mental Health Day</p> 	<p>11</p> <p>Let's Play Lotería at Café con Libros 4 pm - 5:30 pm</p> 	<p>12</p> <p>Movie Night Wonder (PG) at Tri-City Wellness Center 6 pm - 7:30 pm</p> 	<p>13</p> <p>Creative Minds Art Gallery Showcase at Pomona Art Walk 5 pm - 9 pm</p> 
<p>14</p>  <p>A Healthy Body and Mind</p>	<p>15</p>	<p>16</p> <p>Directing Change Screening & Awards Ceremony at Theatre Ace Hotel 11 am - 2 pm</p> 	<p>17</p> <p>Pomona Public Library Story Time 3:30 pm - 4:30 pm</p> 	<p>18</p> <p>Let's Play Lotería Via Zoom 4 pm - 5:30 pm</p>	<p>19</p>	<p>20</p> <p>Pomona Health & Wellbeing Summer Kick-Off 10 am - 1 pm</p> 
<p>21</p>  <p>Mindfulness</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Building the Nest Together Therapeutic Community Garden 4 pm - 5 pm</p> 	<p>25</p>	<p>26</p> <p>Talent Show at Tri-City Wellness Center 3 pm - 5 pm</p> 	<p>27</p>
<p>28</p>  <p>Social Support</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>Wellness Activity Challenge of the Week</p> <p>Virtual Event In-Person Event</p>		



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**

Share how you take action for mental health




 @TriCityMHS #Share4MH

Scan QR Code to RSVP or to learn more about each event!