

Mental Health Matters Month

“There is no health without mental health. Stand up against stigma.”



ROOM4EVERYONE.org

f t in @TriCityMHS

www.tricitymhs.org

MAY 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>Make Room4Everyone by getting involved in the activities and fun we will have during the month of May. Visit www.tricitymhs.org for upcoming events and webinars. Be a mental health ambassador and invite others to participate!</p>						<p>1</p> <p>We Rise LA: Get Lit 10th Annual Classic Slam</p>
<p>2</p> <p>Make a family recipe and share a meal.</p>	<p>3</p> <p>Wellness Center United Family Support Group 9am</p>	<p>4</p> <p>TCG Garden Bloomers 10am weekly</p>	<p>5</p> <p>TCG Mindfulness through Virtual Gardening 10am weekly</p>	<p>6</p> <p>TCG Family Garden Group “Can You Dig It” 4pm weekly</p>	<p>7</p> <p>TCG (Re)Connect in the Garden 1pm weekly</p>	<p>8</p> <p>Take a nature walk and notice all the sounds, smells, and colors.</p>
<p>9</p> <p>Mother’s Day! Celebrate all the amazing women in your life.</p>	<p>10</p> <p>Put the MOVE in Movement: 5-minute daily stretching routine</p>	<p>11</p> <p>Event: Ending the Silence: How to Support AAPI Community 6pm</p>	<p>12</p> <p>Rising Together: ACE Community Training 3-4:30 pm</p>	<p>13</p> <p>Event: Starting the Conversation: How to Support LGBTQ+ 10am</p>	<p>14</p> <p>Incorporate meditation practices into your self-care routine.</p>	<p>15</p> <p>Mid-Month Check-in! Set a goal to finish the month STRONG</p>
<p>16</p> <p>I AM...Affirmations Read the article, ‘Using Affirmations: Harnessing Positive Thinking’</p>	<p>17</p> <p>Post and share a motivational tip or quote</p>	<p>18</p> <p>Practice Self-Care. Do something for yourself</p>	<p>19</p> <p>Wellness Center Arts Group 3pm</p>	<p>20</p> <p>Mental Health Action Day Directing Change Showcase 5-6pm</p>	<p>21</p> <p>Share ‘Affirmation Cards’ with friends, family or colleague.</p>	<p>22</p> <p>Move Night! Pick a movie, get your popcorn, and enjoy a night in!</p>
<p>23</p> <p>Stay connected and harness a sense of unity within your community - even virtually</p>	<p>24</p> <p>Interview an older family member and learn something new</p>	<p>25</p> <p>ABC’s of Gratitude. Make a list of all the things you’re grateful for.</p>	<p>26</p> <p>Wellness Webinar Meditation 3p Early Psychosis 6p</p>	<p>27</p> <p>Power of Trauma-Informed Care ACE Provider Training 11-12:30</p>	<p>28</p> <p>Wellness Center Talent Show 3:30pm</p>	<p>29</p> <p>Send flowers to a special someone!</p>
<p>30</p> <p>Call a friend & plan an outing to see each other in person.</p>	<p>31</p> <p>Create a funny video and share with family and friends</p>	<p>To register for a event, support group, or webinar please contact us!</p> <ul style="list-style-type: none"> • Events & Webinars: http://bit.ly/TCMHevents • Therapeutic Community Garden: (909) 623-6131 • Wellness Center: wellness@tricitymhs.org or call (888) 593-4448 				