



BE THE ONE

Celebrate Mental Health Awareness Month

MAY 2017



Tuesday, April 25 9:00AM

Board of Supervisors Proclamation

Hall of Justice, 400 County Center, Redwood City

Tuesday, May 2 10:00AM-1:30PM

Mental Health Resource & Art Fair

College of San Mateo - Cafeteria, 1700 W Hillsdale Blvd, San Mateo

Thursday, May 4 1:00-4:00PM

Healing Voices Screening*

Silicon Valley Community Foundation,

300 South El Camino Real, Suite 100, San Mateo

Saturday, May 6 11:00AM-3:00PM

Daly City Family Summit*

Serramonte del Rey, 699 Serramonte Blvd, Daly City

Tuesday, May 9 12:15-1:15PM

Potential Impact of Client Suicide on Providers*

San Mateo County Health System - Multipurpose Room 100

225 37th Ave, San Mateo

Thursday, May 11 7:00-8:30 PM

Navigating the Tides of Childhood & Adolescence*

Junipero Serra High School, 451 W 20th Ave, San Mateo

Wednesday, May 17 5:30-7:00PM

Sharing Our Lived Experience

Project 90 Friendship Hall, 416 E 2nd Ave, San Mateo

Thursday, May 18 5:30-8:00PM

Healthy Minds, Choices, Families & Community - 10 Years of Combatting Trauma!*

East Palo Alto Academy, 1050 Myrtle St, East Palo Alto

Thursday, May 18 4:00-9:00PM

3rd Annual Mental Health Symposium*

Filoli Gardens, 86 Cañada Rd, Woodside

Saturday, May 20 9:00AM-5:30PM

Youth Mental Health First Aid Training*

Siena Youth Center, 2625 Marlborough Ave, Redwood City

Saturday, May 20 10:00AM-12:00PM

Speaker Series for Student Health and Mental Wellness*

San Mateo Police Department, 200 Franklin Pkwy, San Mateo

Saturday, May 20 12:00-3:30 PM

Create Your Mental Health Tool Box – Crafts Workshop

210 Industrial Rd, Suite 205, San Carlos

Sunday, May 21 9:00AM-12:00PM 5K Run/Walk for Student Health and Mental Wellness*

Seal Point Park, 1901 J Hart Clinton Dr, San Mateo

Sunday, May 21 9:30AM-1:00PM

NAMI SMC's 3 Mile Docent Led Wildflower Walk & Picnic*

Edgewood Park & Nature Preserve

10 Old Stage Coach Rd, Redwood City

Sunday, May 21 12:30-1:15PM

Wellness In Mind Workshop: Bipolar Disorder and Psychosis

Holy Child & Saint Martin Episcopal, 777 Southgate Ave, Daly City

Tuesday, May 23 1:00-4:00 PM

Heart and Soul, Inc. Open House

210 Industrial Rd, Suite 205, San Carlos

Wednesday, May 24 12:15-1:15PM

Distinguishing Alzheimer's Disease from other types of Dementia*

San Mateo Medical Center – 2nd Floor, Classroom 1

222 W 39th Ave, San Mateo

Thursday, May 25 6:30-8:30PM

NAMI SMC General Meeting – Mental Health & Stigma: Changing the Conversation, the Metaphor and the Outcomes. Presenter: Dr. Siya Mehtani, Psychiatrist

Mills Health Center – Hendrickson Auditorium

100 S San Mateo Dr, San Mateo

Thursday, May 25 4:00-7:00PM

PREP/BEAM San Mateo Open House

1108 S El Camino Real San Mateo

Thursday, May 25 5:30-7:45PM

SMC Directing Change Film Screening*

San Mateo County Health System – Multipurpose Room 100

225 37th Ave, San Mateo

Friday, May 26 5:00-7:00PM

Open Mic & Poetry Slam (for 18-25 year olds)

Edgewood Drop-In Center – South, 604 Price Ave, Redwood City

Wednesday, May 31 10:00AM-4:00PM

Urgency of Now: Engaging African American Clients and Families in Treatment*

Sobrato Center for Nonprofits—Shoreway Room

330 Twin Dolphin Dr, Redwood City

**Registration required.*

For details and updates, visit smchealth.org/mentalhealthmonth

