

Be the One

Reach Out to Support Your Peers

Mental Health Awareness Month | May 2017

April 25 | 9:00 AM

Board of Supervisors Proclamation

Hall of Justice, 400 County Center, Redwood City

May 2 | 10:00 AM - 1:30 PM

Mental Health Resource & Art Fair

*College of San Mateo Cafeteria, Building 10
1700 West Hillsdale Boulevard, San Mateo*

May 6 | 11:00 AM - 3:00 PM

Daly City Family Summit

*Jefferson Union High School District Office
699 Serramonte Boulevard, Daly City*

May 9 | 12:15 - 1:15 PM

Potential Impact of Client Suicide on Providers

*San Mateo County Health System, Room 100
225 37th Avenue, San Mateo*

May 11 | 7:00 - 8:30

Navigating the Tides of Childhood & Adolescence

*Junipero Serra High School
451 West 20th Avenue, San Mateo*

May 17 | 5:30 - 7:00 PM

Sharing Our Lived Experience

*Project 90 Friendship Hall
416 East 2nd Avenue, San Mateo*

May 18 | 5:30 - 8:00 PM

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

*East Palo Alto Academy
1050 Myrtle Street, East Palo Alto*

May 18 | 4:00 - 9:00 PM

3rd Annual Mental Health Symposium

*Filoli Gardens
86 Cañada Road, Woodside*

May 20 | 10:00 AM - 12:00 PM

Speaker Series for Student Health & Mental Wellness

*San Mateo Police Department
200 Franklin Parkway, San Mateo*

May 20 | 12:00 - 3:30 PM

Create Your Mental Health Tool Box: Crafts Workshop

210 Industrial Road, Suite 205, San Carlos

May 21 | 9:00 AM - 12:00 PM

5K Run/Walk for Student Health and Mental Wellness

Seal Point Park, 1901 J. Hart Clinton Drive, San Mateo

May 21 | 9:30 AM - 1:00 PM

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

*Edgewood Park & Nature Preserve
6 Old Stage Coach Road, Redwood City*

May 21 | 12:30 - 1:15 PM

Wellness In Mind Workshop: Bipolar Disorder & Psychosis

*Holy Child and Saint Martin Episcopal Church
777 Southgate Avenue, Daly City*

May 23 | 1:00 - 4:00 PM

Heart and Soul, Inc. Open House

210 Industrial Road, Suite 205, San Carlos

May 24 | 8:00 AM - 4:30 PM

Youth Mental Health First Aid Training

*San Mateo Medical Center
2nd Floor, Classroom 1
222 West 39th Avenue, San Mateo*

May 24 | 12:15 - 1:15 PM

**Distinguishing Alzheimer's Disease from
other types of Dementia**

*San Mateo Medical Center
2nd Floor, Classroom 1
222 West 39th Avenue, San Mateo*

May 25 | 6:30 - 8:30 PM

**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 South San Mateo Drive, San Mateo*

May 25 | 4:00 - 7:00 PM

PREP/BEAM San Mateo Open House

1108 South El Camino Real, San Mateo

May 25 | 5:30 - 7:45 PM

SMC Directing Change Film Screening

*San Mateo County Health System, Room 100
225 37th Avenue, San Mateo*

May 31 | 10:00 AM - 4:00 PM

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

*Sobrato Center for Nonprofits
330 Twin Dolphin Drive, Redwood City*

**Updates and Details at
smchealth.org/mentalhealthmonth**