**2021 May Mental Health Month Kickoff: #HopeForChange**

**Event Schedule**

**Saturday, May 1 10:00-11:00am PT | Livestream**

PURPOSE

* Introduce and celebrate Mental Health Month and 2021 theme #HopeForChange
* Spread awareness of free virtual events and happening throughout the month of May and resources beyond May
* Have viewers learn about ways they can show their support throughout the month

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| Time | Topic | Speaker |
| 10:00-10:10am | **Welcome**   * Interpretation * Event Overview * Raffle Announcement (Tag or Evaluation) |  |
| 10:10-10:20am | **Opening Remarks**   * MHM History * #HopeForChange theme |  |
| 10:20-10:40am | **Lime Green Recipes (Cooking Demo)**   * Ribbon Sugar Cookies * Link to Limeade Recipe and Sugar Cookie Recipe |  |
| 10:40-10:55am | **Nature Meditation**   * Introduce Park * Ohlone Land Acknowledgement * Play Meditation Audio Recording * Promote Take a Hike Challenge and HeadSpace App |  |
| 10:55-11:00am | **Closing Remarks**   * Support MHM * Events |  |
| IN BETWEEN | * Re-Introduce * Myths and Facts Trivia * Raffle Announcement (Tag or Evaluation) |  |

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| ***Please arrive 9am*** | | | |
| **Speakers**  Note: Please introduce your full name, pronouns and title. | | **Support Staff** | |
| **Role** | **Name** | **Role** | **Name** |
| Emcees |  | Chat |  |
| Opening Remarks |  | Q&A |  |
| Meditation |  | Interpreter Support |  |
| Cooking Demo |  |  |  |
| Closing Remarks |  |  |  |
| Interpreter(s) |  |  |  |