**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)
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| 10:10-10:20am | **Opening Remarks*** MHM History
* #HopeForChange theme
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| 10:20-10:40am | **Lime Green Recipes (Cooking Demo)*** Ribbon Sugar Cookies
* Link to Limeade Recipe and Sugar Cookie Recipe
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| 10:40-10:55am | **Nature Meditation*** Introduce Park
* Ohlone Land Acknowledgement
* Play Meditation Audio Recording
* Promote Take a Hike Challenge and HeadSpace App
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| 10:55-11:00am | **Closing Remarks*** Support MHM
* Events
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| 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) |  |  |   |