May 2019
Mental Health Awareness Month

Tue, 4/23 - 9am Proclamation of 2019, May Mental Health Awareness Month, 400 County Ctr, Redwood City

Wed, 4/24 - 5:30pm: Bases y Fundamentos de NAMI - 6 Semanas*, Half Moon Bay Library, 620 Correas St, HMB

Wed, 5/1 6:30pm Mental Health 101: Trauma Menlo Park Main Library, 800 Alma Street, Menlo Park

Thu, 5/2 12:30pm Film Screening: The Dark Horse San Mateo Public Library - Oak Room, 55 W 3rd Ave, SM

Thu, 5/2 3:30pm Anti-Test Anxiety (Teens) Grand Avenue Library, 306 Walnut Ave, SSF

Thu, 5/2 6pm Voices of Recovery Presents: Wellness Recovery Action Plan "Wrap Around Trauma" - 10 Sessions 310 Harbor Blvd, Bldg E, Belmont

Fri, 5/3 6pm Heal and Paint Our Second Home, 725 Price St, Daly City

Sat, 5/4 3pm Gender and Sexuality 101 Workshop San Carlos Library, 610 Elm St, San Carlos

Sun, 5/5 2pm Question, Persuade, Refer (QPR) Training, San Carlos Library, 610 Elm St, San Carlos

Mon, 5/6 6pm StarVista Crisis Hotline Volunteer Panel San Mateo Public Library - Oak Room, 55 W 3rd Ave, SM

Tue, 5/7 1pm Lived Experience Panel - Hearing Stories of Mental Health from Those Who Lived It Skyline College -Room 4301, 3300 College Dr, San Bruno

Tue, 5/7 6pm Book Talk with Francine Toder, Ph.D, Inward Traveler: 51 Ways to Explore the World Mindfully SSF Main Library, 840 W. Orange Ave, SSF

Thu, 5/9 6pm Meditación con Pablo Gonzalez SSF Main Library, 840 W. Orange Ave, SSF

Sat, 5/11 2pm Gender and Sexuality 101 Workshop Half Moon Bay Library, 620 Correas St, HMB

Mon, 5/13 7pm Singer - Songwriter Gaby Castro: Songs of Hope and Healing Menlo Park Main Library, 800 Alma Street, Menlo Park

Introduction to Mental Health by NAMI
- Wed, 5/1 7pm: San Carlos Library
- Sat, 5/4 11am: Brisbane Library
- Sat, 5/11 2pm: Foster City Library
- Sat, 5/18 1pm: Portola Valley Library
- Mon, 5/20 1pm: Woodside Library

S Word Film Screening & Discussion Panel
- Tue, 5/7 6pm: Pacific Sharp Park Library
- Wed, 5/8 6:30pm: Redwood City Public - Downtown Library Comm. Room 1044, Middlefield Rd
- Sat, 5/25 3pm: San Carlos Library Community Rm A&B
- Wed, 5/29 6pm Menlo Park Main Library

For pre-registration* and other details, visit smchealth.org/mentalhealthmonth.