

FREE
open to the public

#WordsOfWellness

#BeTheOneSMC

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 Wellness Recovery Action Plan: Trauma - 10 Sessions, 310 Harbor Blvd, Bldg, E. Belmont

Thu, 5/2 6pm Youth Mental Health: Accessing Resources for Yourself and Others, Half Moon Bay Library Community Rm, 620 Correas St, HMB

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

Tue, 5/14 9am Proclamation of Asian American Native Hawaiian Pacific Islander Mental Health Day
400 County Ctr, Redwood City

Fri, 5/17 6:30pm Good Reasons for Bad Feelings: Randolph M. Nesse, M.D.

Menlo Park City Council Chambers, 701 Laurel St, Menlo Park

Sat, 5/18 1pm Str8jacket Hip Hop Dance Performance
Menlo Park Belle Haven Branch Library, 413 Ivy Dr., Menlo Park

Sun, 5/19 2:15pm Walgreens Presents: Exercise and Physical Activity
SSF Main Library, 840 W. Orange Ave, SSF

Mon, 5/20 4pm Design and Bind Journals (Teens)*
Menlo Park Belle Haven Branch Library, 413 Ivy Drive

Tue, 5/21 4pm Design and Bind Journals (Teens)*
Menlo Park Main Library, 800 Alma Street, Menlo Park

Wed, 5/22 6:30pm Mental Health Self Care with StarVista
Sharp Park Library 104 Hilton Way Pacifica

Thu, 5/23 10:30am Millbrae Library: Story Time
Millbrae Library, 1 Library Ave, Millbrae

Thu, 5/23 3pm Felton Early Psychosis/BEAM Open House
1108 S El Camino Real, San Mateo

Fri, 5/24 7pm Building a Community of Healers: Open Mic
Pride Center, 1021 S El Camino Real, San Mateo

Fri, 5/24 7:15pm Mental Health Open Mic
Café Zoë, 1929 Menalto Ave, Menlo Park

Tue, 5/28 5pm Soufra Film Screening
Westmoor High School, 131 Westmoor Ave, Daly City

Wed, 5/29 7pm Mental Health Self Care with Star Vista
San Carlos Library, 610 Elm St, San Carlos

Thu, 5/30 12pm Heart & Soul Open House
210 Industrial Road, Suite 205, San Carlos

Thu, 5/30 6pm Substance Use and Mental Health: Two Sides of the Same Coin
SSF Main Library Auditorium, 840 W. Orange Ave, SSF

S Word Film Screening & Discussion Panel

- **Tue, 5/7 6:30pm:** 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.



San Mateo County Libraries

Peninsula Library System