

May is Mental Health Awareness Month **2018**

County and Community Activities

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|-----|--|
| | | 1 | 2 | 3 <i>Area Agency on Aging</i> Older Adult Mental Health First Aid Training 8:30am-5pm Suisun | 4 | 5 <i>NAMI</i> 5k Walk 8am-5pm William Land Park, Sacramento |
| 6 | 7 <i>Circle of Friends</i> Sip and Paint *FREE* 11am-2pm 349 Travis Blvd. Fairfield, CA | 8 | 9 | 10 <i>UC Davis</i> Healthful Apps, Meditation 101 & Mindful Walks *FREE* 12-1pm 203 Mrak Hall Drive, Davis, CA | 11 | 12 <i>Solano County Behavioral Health</i> 4th Annual Mental Health Celebration *FREE* 10-3pm 1234 Empire St. Fairfield, CA |
| 13 | 14 <i>Circle of Friends</i> Health Fair & BBQ 10am-2pm 349 Travis Blvd. Fairfield, CA | 15 <i>Wellness & Recovery Unit</i> "Crazy Wise" Film viewing and discussion *FREE* 3pm-5pm 2101 Courage Drive, Multi-Purpose Room Fairfield, CA | 16 <i>Wellness & Recovery Unit</i> "Crazy Wise" Film viewing and discussion *FREE* 6pm-8pm 2101 Courage Drive, Multi-Purpose Room Fairfield, CA | 17 <i>Caminar</i> Camie Awards "Blooming in Recovery" *FREE* 11:30am-1:30pm Foley Cultural Center, 1499 N. Camino Alto, Vallejo | 18 | 19 |
| 20 | 21 | 22 | 23 <i>Mental Health America of California</i> Mental Health Matters Day *FREE* 9:30am-2pm State Capitol Building, East Side, Sacramento | 24 | 25 | 26 |
| 27 | 28 MEMORIAL DAY | 29 | 30 | 31 | | |