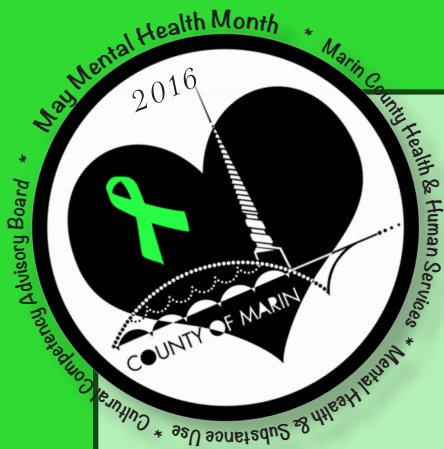




May Mental Health Month

“For hope, resilience, and recovery”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1		1	10		1
2	1	3	1	6	7	8
9	1	11	1	13	14	15
16	1, 9, 8	7, 18	5, 1	19	11, 21	22
23	1, 8	12	1	26	27	28, 29
30	1, 8	31	1			



1 **Name:** “Work Independent Network (WIN)”Orientation
Date: Tuesdays at 12:00 pm: 555 Northgate Drive
Date: Thursdays at 1:00 pm: Goodwill Industries:
809 Lincoln Blvd
Contact: Tamahtra McClure (415) 456-9350 ext.148

2 **Name:** Marin Communications Forum
Date: May 23rd, 10:00 -11:30 am
Location: 1010 Northgate Dr, San Rafael, CA 94903
(4 Points by Sheraton)
Contact: Marisol Munoz – marisolmunozk@gmail.com
Description:
Discussion about local mental health services for families with children.

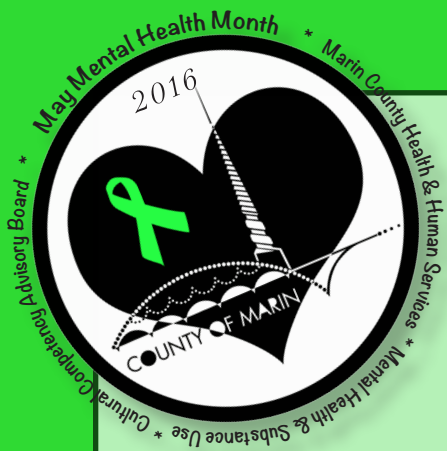
3 **Name:** Interfaith Breakfast
Contact: Carol Havis - chovis@marinifc.org
Date: May 4th, 8:00 -10:00 am
Location: Congregation Kol Shofar.

Name: May Mental Health Day
Date: May 18th, 9:00 am - 5:00 pm
Location: 3240 Kerner Blvd. San Rafael, CA.
Wellness Campus.

Description:
A FREE day long event to raise awareness for mental health and substance use. Join us for music, food, exhibits, food, and much more.

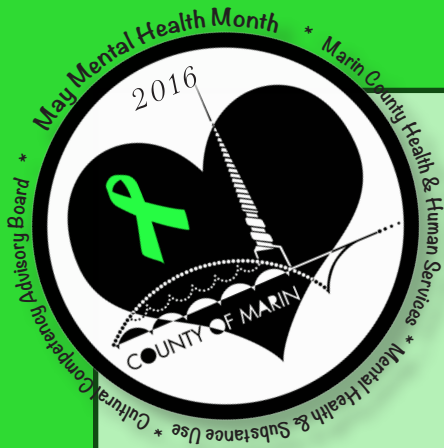
5 **Name:** REAL: Conversations about Mental Health and Mental Illness
Date: May 19th, 7:00 - 9:00pm
Location: Congregation Rodef Sholom
170 N. San Pedro Rd.
Contact: please RSVP to MHI@rodefsholom.org or 415.479.3441. joanne@rodefsholom.org

Description:
Rodef Sholom is hosting a free lecture evening with local author Mary Widdifield and her sister Elin Widdifield, authors of ‘Behind the Wall’; the true story of mental illness as told by parents. They will be speaking about the value of community for mental health recovery. Free and open to the public.



- 6** **Name:** Town Hall Meeting
Contact: Barbara Coley - bcoley@camarin.org
Date: May 6th from 3:00 - 5:00 pm
Location: Rm 109 and 110 at the Wellness Campus.
3240 Kerner Blvd. San Rafael.
Description:
Town Hall Meeting - The goal is to get feedback and to move forward to create an Advisory Committee consisting of peers and family members for CAM's Mental Health Programs. Sponsored by Community Action Marin's Steering Committee.
- 7** **Name:** Music with Ron Corral
Date: May 18th, 1:00 - 2:00
Location: The Enterprise Resource Center
Description:
The Enterprise Resource Center will open its doors with some healthy snacks and will present the original music of guitarist, Ron Coral.

- 8** **Name:** Suicide Prevention and Community Counseling Course
Date: Tuesday evenings 7:00 -10:00 pm, May 17-June 21
One required class, Saturday,
June 11, 10:00 am - 5:00 pm.
Location: Family Service Agency of Marin.
Contact: For more information or to register:
415-499-1193x3003 or email fsa@fsamarin.org
Description:
Suicide Prevention & Community Counseling is looking for volunteers for our 24/7 hotline. Hotline volunteers counsel people in a personal crisis, those concerned about friends and family, and community members grieving a loved one. To become a volunteer, individuals must successfully complete our Hotline Training Class. Training is comprehensive & supportive, includes training in active listening skills, crisis intervention & how to assess suicide risk. Fee \$25.
Registration required.
- 9** **Name:** Board of Supervisors Resolution
Date: May 17th
Location: Civic Center, Marin BOS Chamber
3501 Civic Center Dr, San Rafael.
Description:
Resolution commemorating May Mental Health Month.



- 10** **Name:** Mental Health Shabbat
Date: April 29 th, 6:15 - 7:15 pm
(pre-oneg starts at 5:45 pm)
Location: Congregation Rodef Sholom;
170 N. San Pedro Road
Contact: joanne@rodefsholom.org
Description:
Join us on April 29th for a Mental Health Shabbat where we will celebrate the amazing accomplishments of Congregation Rodef Sholom's Mental Health Initiative. At the service, we will launch our stigma-reducing program for Mental Health Awareness month. The service will feature a sermon by Rabbi Stacy Friedman, the unveiling of our interactive community art installation, personal stories from congregants and a special thank you and blessing for members of our Mental Health Initiative team. Everyone is welcome.

- 11** **Name:** Mental Health First Aid Training
Date: May 21st 8:30 am - 5:30 pm
Location: First Congregational Church of San Rafael
8 North San Pedro Road, San Rafael, CA. 94903
Contact: Edtiana Rockwell -
(ERockwell@marincounty.org)
Description:
A First Aid course for first responders, students, teacher, leaders of faith communities, service providers, and caring citizens on how to help others experiencing mental illness or crisis . Registration is required. Contact Edtiana Rockwell (ERockwell@marincounty.org)
- 12** **Name:** A Silent Auction
Contact: Barbara Coley - bcoley@camarin.org
Date: May 25th, 5:00 - 8:00pm
Location: Falkirk Mansion
Description:
"A Silent Auction" to raise funds for the 1108 Gallery. Sponsored by Community Action Marin's Mental Health Programs. The goal is to raise funds (\$20,000) to staff the 1108 Gallery that supports artist's that are mental health clients.