

**FREE!**  
or low cost events\*

May 2018

# MENTAL HEALTH AWARENESS MONTH

**#BeTheOneSMC to Bridge Communities to Wellness**

**Tue, 4/24 9am Proclamation of 2018  
May Mental Health Awareness Month  
400 County Ctr, Redwood City**

**Tue, 5/1 6:30-9:30pm Parent Education on Mental  
Health**

131 Westmoor Ave - Theater, Daly City

**Tue, 5/1 8-8:30pm (every Tuesday in May) Tatala  
Radio Tonga VTF, Online Via Mobile App and Facebook**

**Fri, 5/4 6-9pm Art of Wellness Festival  
(Mental Health Awareness Month Kickoff)  
600 Church St, Half Moon Bay**

**Sat, 5/5 9am-12:30pm NAMI SMC - Docent Led  
Wildflower Walk & Picnic\***

6 Old Stage Coach Rd, Redwood City

**Sun, 5/6 9-11:30am 5K Run/Walk for Student Health  
and Mental Wellness\***

1901 J. Hart Clinton Dr, San Mateo

**Mon, 5/7 6-8pm Suicide Prevention - Practical and  
Proven Tools**

975 Sneath Ln, San Bruno

**Tue, 5/8 9am Proclamation of Asian American Native  
Hawaiian Pacific Islander Mental Health Day**

400 County Ctr, Redwood City

**Tue, 5/15 12-2pm StarVista Crisis Hotline Volunteer  
Information Session**

610 Elm St, Ste 212, San Carlos

**Wed, 5/16 1-2:30pm Open House, Service that Help  
Combat Isolation in Older Adults**

24 Second Ave, San Mateo

**Thu, 5/17 5:30-8pm 11th Annual Family Awareness  
Night -- "It Takes A Village To Raise A Healthy  
Community. Let's Talk About It."**

1195 Hamilton Ct, Menlo Park

**Thu, 5/17 9am-12pm Know Your Rights Train-the-  
Trainer**

1021 S El Camino Real, San Mateo

**Fri, 5/18 6:30-8pm Queer Open Mic**

1021 S El Camino Real, San Mateo

**Sun, 5/20 4-7pm Asian American Native Hawaiian  
Pacific Islander Intergenerational Feast of Wellness**

33 Arroyo Dr - Atrium, South San Francisco

**Thu, 5/24 12:30-4:30pm Felton Early Psychosis and  
BEAM Programs San Mateo Open House**

1108 S El Camino Real San Mateo

**Thu, 5/24 1-5pm Theatre of the Oppressed**

101 Twin Dolphin Dr, Redwood Shores

**Thu, 5/24 4:30-6:30pm BHRS Coastside Clinic Open  
House**

225 Cabrillo Hwy S, Ste, 200A, Half Moon Bay

**Thu, 5/31 1-4pm Heart & Soul, Inc. Open  
House: Disrupt Your Diagnosis: Define Your  
Wellness**

210 Industrial Rd, Ste 205, San Carlos

**Use #BeTheOneSMC to help raise awareness and get a free lime green commemorative pin!**

For pre-registration and other details, visit [smchealth.org/mentalhealthmonth](http://smchealth.org/mentalhealthmonth).



COUNTY OF SAN MATEO  
HEALTH SYSTEM  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES