

May is Mental Health Month

May 2015

Events	When	Where
Art for Life Meet the artists! Mingle and munch!	Friday, May 1 10 a.m. to 3 p.m.	Rainbow Room, 720 Wood St., Eureka
Arts Alive Art Show and Reception	Saturday, May 2 6 p.m.	Vance Hotel, 525 Second St. Old Town, Eureka
NAMI Support Group Ask the Doctor. Meet Dr. Bayan	Monday, May 4 4:30 to 6 p.m.	Rainbow Room, 720 Wood St., Eureka Lea Nagy 845-3233
Proclamation Children's Mental Health Awareness	Tuesday, May 5 9 a.m.	Board of Supervisors Chambers County Courthouse
Let's Talk about Children's Mental Health! TED talk video by Dr. Terrie Rose, author and founder of Baby Space	Tuesday, May 5 6 to 7:30 p.m.	Humboldt County Office of Education Annex 901 Myrtle Ave., Eureka RSVP mwalkley@humboldt.k12.ca.us
New State of Mind: Film and Speaker's Collective	Thursday, May 7 2 to 4 p.m.	Eureka Community Resource Center (located inside "Free Meal") 35 West Third St., Eureka Brian Olson at olsonbj@stjoe.org
Sign-making party for the Mental Health Walk	Friday, May 8 noon to 5 p.m.	Rainbow Room, 720 Wood St., Eureka
Finding Your Way Through: Postpartum Mood and Anxiety Disorder Short film followed by discussion Children and babies welcome!	Wednesday, May 13 noon to 1 p.m.	Community Wellness Center 908 Seventh St., Eureka Nancy Keleher 441-5070
Hope Center Community Awareness BBQ Bring a potluck dish! Burgers, hot dogs and a veggie option provided	Friday, May 15 11:30 a.m. to 3 p.m.	Carson Park, Eureka
Proclamation Mental Health Month	Tuesday, May 19 9 a.m.	Board of Supervisors Chambers County Courthouse
Mental Health Walk! Show your support: Wear lime green Snacks Provided by MH We Care Committee	Tuesday, May 19 Meet at noon	Hope Center 2933 H St., Eureka
Zumba on the Plaza!	Wednesday, May 27 11:30 a.m. to 1:30 p.m.	Arcata Plaza
Hope Center/Family Resource Center Bringing Awareness BBQ	Friday, May 29 11:30 a.m. to 3 p.m.	Veterans Park Picnic Area Willow Creek
FREE Movie Matinee "Of Two Minds"	Saturday, May 30 2 p.m.	Arcata Theatre Lounge 1036 G St., Arcata Sarah Nelson 441-5565

For more information, please call 268-DHHS

