

MAY 2019 is Mental Health Matters Month

Date/ Times	Event	Location/Contact
Wednesday, May 1 2:30-3:30 p.m.	Ropes for Hope: A Jump Roping Event for Ages 16-26.	433 M St., Eureka sfarmer@co.humboldt.ca.us
Wednesday, May 1 2-4 p.m.	Sign-Making for Mental Health Walk and Rally.	433 M St., Eureka DLTaylor@co.humboldt.ca.us
Friday, May 3 11 a.m.-3 p.m.	Health and Wellness Fair Event.	Farmers' Market at Garberville Town Square aterrones@shchd.org
Friday, May 3 7-8 p.m.	Baileterapia: Dance Therapy.	Multi-Generational Center 2280 Newburg Rd, Fortuna Caterina.Kein2@stjoe.org
Monday, May 6 7-8 p.m.	Baileterapia: Dance Therapy.	Jefferson Community Center 1000 S St., Eureka Caterina.Kein2@stjoe.org
Tuesday, May 7 9 a.m.	Mental Health Proclamation.	Board of Supervisors Chambers Humboldt County Courthouse, Eureka mmontgomery@co.humboldt.ca.us
Tuesday, May 7 11:50 a.m.-1:30 pm	Mental Health Matters Walk and Rally.	720 Wood St. (Hope Center) to Courthouse kjack@co.humboldt.ca.us
Wednesday, May 8 5-7 p.m.	ReFrame Your Brain Opening and Artists' Reception.	Eureka Library, 1313 Third St., Eureka PublichealthPEI@co.humboldt.ca.us
Wednesday, May 8 5:30-7 p.m.	Screening of <i>Inside Out</i> (Spanish).	Rohner Recreation Hall 5 Park St., Fortuna Caterina.Kein2@stjoe.org
Thursday, May 9 4-6 p.m.	<i>The Dark Side of the Full Moon: A Film about Postpartum Depression.</i>	Jefferson Community Center 1000 B St., Eureka eadams@co.humboldt.ca.us
Friday, May 10 10 a.m.-4 p.m.	Art for Life and Hope Center Art Show.	Rainbow Room, 720 Wood St., Eureka kjack@co.humboldt.ca.us
Friday, May 10 4:30-9:30 p.m.	The Alternatives Fest.	Outer Space, 1100 M St., Arcata HDuffy@co.humboldt.ca.us
Friday, May 17 11 a.m.- 2 p.m.	Hope Center Wellness Connection BBQ.	Carson Park, H St., Eureka kjack@co.humboldt.ca.us
Saturday, May 18 11 a.m.- 4 pm	Be Well Self-Care Fair.	Eureka Library, 1313 Third St., Eureka cbalkovek1@co.humboldt.ca.us
Tuesday, May 21 9 a.m. - 3:30 p.m.	LGBTQ Awareness, Sensitivity and Competency Training.	Humboldt Area Foundation 363 Indianola Cutoff, Bayside publichealthPEI@co.humboldt.ca.us
Wednesday, May 22 9-11:30 a.m.	Question-Persuade-Refer Suicide Prevention Training.	Community Wellness Center 908 Seventh St., Eureka mmontgomery@co.humboldt.ca.us
Wednesday, May 22 5:30-7 p.m.	Screening of <i>Inside Out</i> (Spanish).	Jefferson Community Center 1000 B St., Eureka caterina.Kein2@stjoe.org
Thursday, May 23 2-4:30 p.m.	Screening of <i>Inside Out</i> (English).	Eureka Community Resource Center 35 W Third St., Eureka brian.olson@stjoe.org
Thursday, May 23 1-4 p.m.	Willow Creek Mental Health Awareness BBQ.	Veteran's Park, 100 Kimtu Rd. Willow Creek Karen.diers@stjoe.org

ALL EVENTS ARE FREE! For more information, email publichealthPEI@co.humboldt.ca.us or call 707-268-2132.

