



# 2019

# MAY IS MENTAL HEALTH AWARENESS MONTH

Complete an "Each Mind Matters" Green Ribbon this month!

**Outing to Sutter-Yuba Rally**  
Thursday, May 2nd

For details, please contact Linda Hernandez-Fogle at 530-666-8630 .

**Cultural Competence Committee's May is Mental Health Month Welcoming Event\***  
Friday, May 10th: 11:30am-1pm

View directing change videos and enjoy refreshments including the Stop The Stigma Salsa Bar.

**Transition Age Youth World Premiere Of Digital Stories at the Davis Wellness Space**  
May 20th 3:30pm-5:30pm (600 A Street, Davis CA 95616)

**Mental Health Matters Day at State Capitol & Wear Green Day Campaign**  
Wednesday, May 22nd: 9:30am-2:00pm

**Outing: Sacramento River Cats Mental Health Matters Night**  
Friday, May 24th

**Children's Wellness Center Carnival\***  
Bauer Bldg Playground and Parking Lot  
Tuesday, May 28th: 4:00-7:00pm




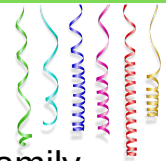
Face Painting, Photo Booth, Balloons, Corn Hole, Sensory/Art Coping Table, Food Table, Mental Health Awareness, Music, Spoken Word Artists and more!

**Consumer Art Show\***  
Walker Room, Bauer Bldg  
Thursday, May 30th: 11:00am-4:00pm

Join us for an art exhibit and contest by Yolo County Mental Health Consumers! Community, staff and consumer are invited to attend and cast votes.

**Each Mind Matters Green Ribbons: Get Involved by completing a ribbon!**  
The whole month of May!

**Blue Dot Campaign (Maternal Mental Health Month)\***  
The whole month of May!

MON	TUE	WED	THU	FRI
		1	2 ● Outing: Sutter-Yuba Rally	3
6	7	8	9	10 ● Cultural Competence Committee's May is Mental Health Month Welcoming Event*
13	14	15	16	17
20 ● TAY World Premiere of Digital Stories at the Davis Wellness Space	21	22  ● Mental Health Matters Day at State Capitol & Wear Green Day Campaign	23	24 ● Outing: Sacramento River Cats Mental Health Matters Night
27	28  ● Family Carnival*	29	30 ● Consumers Art Show*	31

\*Location: Yolo County Health and Human Services, Bauer Building, 137 N. Cottonwood Street, Woodland, CA