

# **MAY IS MENTAL HEALTH MATTERS MONTH**

***OPPORTUNITIES TO BE KIND TO  
YOUR MIND AND LEARN HOW TO  
HELP OTHERS***

**Tuesdays, 4pm -5:30pm  
Listening Circle for Front line Workers**

**Wednesdays, 4pm -5:30pm  
Listening Circle for HHS staff and providers**

**May 21st, 9am -11am  
Mental Health & Self Care workshop**

**May 28th, 9am - 11am  
Question, Persuade and Refer Suicide Prevention  
training**

**To register, or for more information contact:  
Tessa Smith  
phone (530)666-8546  
or email [MHSa-MHTrainings@yolocounty.org](mailto:MHSa-MHTrainings@yolocounty.org)**