

Mental Health Matters Month May 2016

Events	When	Where
Proclamation Children's Mental Health Awareness	Tuesday, May 3 9 a.m.	Board of Supervisors Chambers County Courthouse
Mental Health Resource Table	Tuesday, May 3 11 a.m. to 1 p.m.	St. Joseph's Hospital, Eureka Heather Kelley, 445-8121 x 6315
Mental Health Resource Table	Wednesday, May 4 11 a.m. to 1 p.m.	Redwood Memorial Hospital, Fortuna Heather Kelley 445-8121 x 6315
Art for Life Show and Friends Meet the artists! Shop for Art!	Friday, May 6 10 a.m. to 3 p.m.	Rainbow Room, 720 Wood St., Eureka
Sign-making party for the Mental Health Walk	Friday, May 6 noon to 5 p.m.	Community Wellness Center 907 7 th Street, Eureka
Directing Change Film and Poster Contest Red Carpet Event	Saturday, May 7 6 to 8 p.m.	Eureka Theatre 612 F Street
Proclamation Mental Health Month	Tuesday, May 10 9 a.m.	Board of Supervisors Chambers County Courthouse
Mental Health Walk! Show your support: Wear lime green	Tuesday, May 10 Meet at 11:50 Snacks Provided by We Care Committee	Hope Center, 720 Wood St., Eureka 441-3783
What About Bob? Film and Discussion Contact: Brian Olson, 442-5239 brian.olson@stjoe.org	Thursday, May 12 2 to 4 p.m.	St. Vincent de Paul Dining Facility 35 West 3 rd Street, Eureka
Bi-Lingual Mental Health Panel LatinoNet: Discuss mental health concerns and resources for Spanish speakers	Friday, May 13 12-1:30 p.m.	Community Wellness Center 908 7 th Street, Eureka
Humboldt Skate of Mind: A Free Skating Event for the Whole Family! Sarah Nelson, Healthy Communities 441-5565	Saturday, May 14 4 p.m. to 6 p.m.	312 Railroad Ave, Blue Lake
Mental Health First Aid Registration required, space is limited	Tuesday, May 17 8 a.m. to 5 p.m.	Sarah Nelson, Healthy Communities 441-5565 Call for details
Suicide Prevention Network Meeting Arcata High School	Thursday, May 19 3 p.m. to 5 p.m.	Matt Cone, Healthy Communities 441-5564 Call for details
Hope Center BBQ Bring a potluck dish! Burgers ,Hotdogs and a veggie option provided	Friday, May 20 11:30 a.m. to 3 p.m.	Carson Park, H Street, Eureka
Film on Rose House Respite Care Center Presented by the Kunle Center	Friday, May 20 5 p.m. to 8 p.m.	Community Wellness Center, Eureka 599-2381
Baile Terapia	Monday, May 23 7 p.m. to 8 p.m.	MultiGenerational Center, Fortuna Jessica Eusibio Larios, 445-8121 x4461
Overcoming Mental Health Stigma and Suicide Prevention Workshop Brian Olson, 442-5239, brian.olson@stjoe.org	May 26 2 to 4 p.m.	St. Vincent de Paul Dining Facility 35 West 3 rd Street Eureka
Hope Center/Willow Creek Community Resource Center Bringing Awareness BBQ	Friday, May 27 11:30 a.m. to 3 p.m.	Veterans Park Picnic Area Willow Creek
Baile Terapia	Friday, May 27 7 to 8 p.m.	Jefferson Center, Eureka Jessica Eusibio Larios 445-8121 x4461

For more information please contact Kellie Jack at 441-3783

