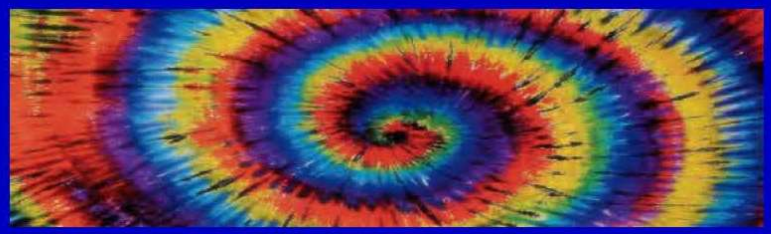


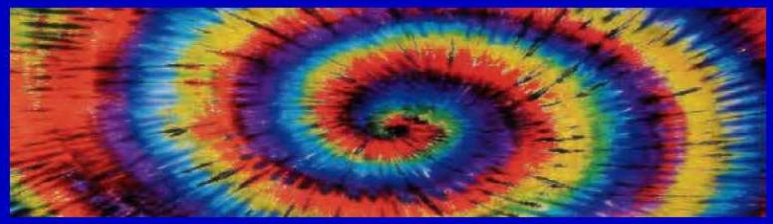
May is Mental Health Month 2015

Calendar of Events

2015 Theme for Mental Health Month: "No Health Without Mental Health"

◄ Apr 2015 **~ May 2015 ~** Jun 2015 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	**2** NAMI Walk/HHSA Expo Liberty Station – 7:30 am
3	**4** Children's Mental Health Awareness Week	**5**	**6**	**7** Children's Mental Health Day	**8**	**9** CAHM Forum – CSU San Marcos – 8:00 am
10	**11**	**12**	**13** Latino Networking Consortium – Bullying 101 Class	**14**	**15** Bike to Work Day	**16** "TFC Well Recovery 5K" Escondido – 8:00 am
17	**18**	**19**	**20**	**21** CYF SOC Training Academy Annual Conf.	**22**	**23**
24	**25**	**26** NAMI Event: Malcolm X Library, Valencia Park 6:00 – 7:30 pm	**27**	**28**	**29** Behavioral Health Recognition Dinner 6 pm	**30** LWSD 5K Walk – Liberty Station – 6:30 am
31	**Notes: See detailed information on reverse side.**					



May is Mental Health Month 2015

Calendar of Events

May 2: Free! 11th NAMI 5K Walk/HHSA Expo, 7:30 am-12:30 pm, NTC Park, Liberty Station 2455 Cushing Road, San Diego, CA 92106, featuring huge resource fair, art exhibit, live multi-cultural entertainment, children's activities, Veteran's zone.

May 3-9: Children's Mental Health Awareness Week

May 9: Free! Community Alliance for Healthy Minds Forum and Resource Fair: "From Hopelessness to Hope & Healing," 8:00 am—3:00 pm, California State University, San Marcos, 333 South Twin Oaks Valley Road, San Marcos, CA 92078, Conference, Exhibitor/Arts Fair.

May 13: Free! Latino Networking Consortium hosts "Addressing Bullying in the LGBTIQ Latino Youth Community" at Paradise Valley Hospital, 2400 E. 4th St (Cafeteria Conf Rm) National City, CA 91950, 5:30 Registration, 6:00 – 8:00 pm Program. Light refreshments provided. RSVP DanielLNC2014@gmail.com

May 16: Free! The Fellowship Center's 5K Walk for Recovery & Wellness Fair, 8 am – 2 pm, 737 East Grand, Escondido, CA, Healthy BBQ, Workshops

May 26: The Expressive Arts In Recovery, 6:00 -7:30 pm, Valencia Park / Malcolm X Branch Library, 5148 Market Street, San Diego, CA 92114

May 29: Behavioral Health Recognition Dinner, 5:30 pm—9:00 pm, San Diego Marriott Mission Valley, 8757 Rio San Diego Drive, San Diego, CA 92108, $49 per ticket. Email alain.azcona@aurorabehavioral.com for information.

May 30: Live Well San Diego 5K Walk, 6:30 am. NTC Park at Liberty Station, 2455 Cushing Road, San Diego, CA 92106, $25 Walk Fee includes: T-shirt, Resource Fair, Entertainment, Children's Games, Activities, Food Court.