May is Mental Health Awareness Month 2018

County and Community Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	*2*	*3* *Area Agency on Aging* **Older Adult Mental Health First Aid Training** *8:30am-5pm Suisun*	*4*	*5* *NAMI* **5k Walk** *8am-5pm William Land Park, Sacramento*
6	*7* *Circle of Friends* **Sip and Paint** *11am-2pm 349 Travis Blvd. Fairfield,*	*8*	*9*	*10* *UC Davis* **Healthful Apps, Meditation 101& Mindful Walks** *12-1pm 203 Mrak Hall Drive, Davis*	*11*	*12* *Solano County Behavioral Health* **4th Annual Mental Health Celebration** *10-3pm 1234 Empire St. Fairfield*
13	*14* *Circle of Friends* **Health Fair & BBQ** *10am-2pm 349 Travis Blvd. Fairfield*	*15* *Wellness & Recovery Unit* **"Crazy Wise" Film viewing and discussion** *3pm-5pm 2101 Courage Drive, Multi-Purpose Room Fairfield*	*16* *Wellness & Recovery Unit* **"Crazy Wise" Film viewing and discussion** *6pm-8pm 2101 Courage Drive, Multi-Purpose Room Fairfield*	*17* *Caminar* **Cammie Awards** **"Blooming in Recovery"** *11:30am-1:30pm Foley Cultural Center, 1499 N. Camino Alto, Vallejo*	*18*	*19*
20	*21*	*22*	*23* *Mental Health America of California* **Mental Health Matters Day** *9:30am-2pm State Capitol Building, East Side, Sacramento* *Seneca* **"Angst" Film viewing and discussion** *5:30 1234 Empire St. Fairfield* *(Recommended for ages 11 and up)*	*24*	*25*	*26*
27	*28* ***MEMORIAL DAY***	*29*	*30*	*31*	**All activities are free of charge**	