



2021 EVENT CALENDAR



3	Suicide Prevention Community Forum To attend, visit www.solanocounty.com/depts/bh/sp	9:00 AM
4	CASRA 2021 Virtual Conference May 4-12 Register on website www.casra.org	\$50
5	"My Ascension" for Suicide Prevention For more information, visit www.eventbrite.com/e/149936358685	6:00 PM
8	MHAdvocate: Tarrin Morgan II For more information, contact info@namisolanocounty.org	10:00 AM
10	The LGBTQ+ community and Mental Health For more information, visit www.solanopride.org	6:00 PM
	Suicide Prevention Community Forum To attend, visit www.solanocounty.com/depts/bh/sp	5:00 PM
11	Organizational Spirit with Lori Ashcroft and Rita Cronise For more information contact Ruthgonzaless@cbhi.net	10:00 AM
	"Yoga and My Recovery" For more information, contact info@namisolanocounty.org	12:15 PM
	"Taller Virtual de prevención del suicidio para padres/tutores y personal escolar" For more information, visit www.solanocoe.net	1:00 PM
	Dr. Cerrene Cervantes, "In Her Own Voice - A Journey to Resiliency" For more information, visit www.solanopride.org	6:00 PM
12	"Suicide Prevention and Mental Health Awareness" For more information, visit www.solanocoe.net	9-11 AM
	Vacaville Car Parade For more information, contact wru@solanocounty.com	10:00 AM
	Rio Vista Car Parade For more information, contact wru@solanocounty.com	2:00 PM
13	"A Sound Bath" by Brigid Reilly For more information, visit www.solanopride.org	6:00 PM
	Suicide Prevention Community Forum To attend, visit www.solanocounty.com/depts/bh/sp	3:00 PM
15	Fairfield Car Parade For more information, contact wru@solanocounty.com	10:00 AM
	Turtles all the Way Down For more information, contact info@namisolanocounty.org	12:15 PM
	Vallejo Car Parade For more information, contact wru@solanocounty.com	2:00 PM
17	Rebuilding Relationships After the Isolation of COVID-19 For more information, visit www.solanocoe.net	1:00 PM
	Meet and Greet with Book Author, Cynaka Harper For more information, visit www.caminar.org/solano	11:45 AM
19	"Suicide Prevention and Mental Health Awareness" For more information, visit www.solanocoe.net	9:00 AM
	Journey to Wellness with Kevin Berthia For more information, contact wru@solanocounty.com	1:00 PM
20	"Suicide Prevention and Mental Health Awareness" For more information, visit www.solanocoe.net	9:00 AM
	Be the Support 1 Hour Teen Suicide Prevention For more information, visit www.solanocoe.net	5:00 PM
21	"Poetry - My Journey to Wellness" To attend, contact CLAS@solanocounty.com by may 5	6:00 PM
22	"Ending the Silence" To attend, contact: info@namisolanocounty.org	10:00 AM

SOLANO COUNTY BEHAVIORAL HEALTH | MENTAL HEALTH SERVICES ACT

SUICIDE PREVENTION COMMUNITY FORUMS

Solano County Behavioral Health, in partnership with the Solano County Suicide Prevention Committee, has launched a community program planning process to update the Solano County Suicide Prevention Strategic Plan which was developed and approved by the Solano County Board of Supervisors in 2017. Solano County is one of only seven California counties to have a countywide plan to address the issue of suicide. This plan is a guide for the entire county -- both public and private sectors -- to reduce suicide deaths in Solano County.

In addition to targeted focus groups being held for populations considered at higher risk for suicide, **three virtual community forums will be held for the purpose of raising awareness regarding how suicide deaths impact the local Solano County community and to engage community members in identifying strategies to reduce suicide deaths locally.**

The community forums are open to consumers, family members, behavioral health, and health care providers, local education agencies, elected officials, first responders, and concerned citizens. Each forum will include:

- Solano County suicide death statistics
 - Current suicide prevention efforts and strategies
 - Breakout session to hear feedback from the community about how to raise awareness and prevent suicides
 - Advocacy and crisis resources
-

DATES

May 3, 2021 | 9am-11am

May 10, 2021 | 5pm - 7pm

May 13, 2021 | 3pm - 5pm

These are virtual forums and will be held on Zoom.

To register and receive a meeting link, please email SolanoMHSA@solanocounty.com no later than 2 business days prior to your preferred meeting date and time.

SOLANO COUNTY BEHAVIORAL HEALTH | MENTAL HEALTH SERVICES ACT

FORO COMUNITARIO DE PREVENCIÓN DEL SUICIDIO

El departamento de Salud Conductual del Condado de Solano (SCBH), en asociación con el Comité de Prevención del Suicidio del Condado de Solano, ha lanzado un proceso de planificación de programas comunitarios para actualizar el Plan Estratégico de Prevención del Suicidio del Condado de Solano que fue desarrollado y aprobado por la Junta de Supervisores del Condado de Solano en 2017. El condado de Solano es uno de los únicos siete condados de California que tienen un plan en todo el condado para dirigir este tema del suicidio. Este Plan es una guía para que todo el condado, tanto en el sector público como en el privado, para reducir las muertes por suicidio en el condado de Solano.

Además de los grupos focales específicos que se llevan a cabo para las poblaciones consideradas con mayor riesgo de suicidio, se llevarán a cabo tres foros comunitarios virtuales con el propósito de crear conciencia sobre cómo las muertes por suicidio afectan a la comunidad local del condado de Solano y para involucrar a los miembros de la comunidad en la identificación de estrategias para reducir las muertes por suicidio localmente.

Los foros comunitarios están abiertos a consumidores, familiares, proveedores de salud mental y atención médica, agencias locales de educación, funcionarios electos, primeros respondedores y ciudadanos preocupados. Cada foro incluirá lo siguiente:

- Estadísticas de muertes por suicidio en el condado de Solano
- Esfuerzos y estrategias actuales de prevención del suicidio
- Plática para escuchar comentarios de la comunidad sobre cómo crear conciencia y prevenir suicidios
- Recursos de abogacía y crisis

FECHAS

3 de mayo de 2021 | 9am-11am

10 de mayo de 2021 | 5 pm-7pm

13 de mayo de 2021 | 3pm-5pm

Reuniones son en ingles

Estos son foros virtuales y se llevarán a cabo en Zoom.

Para registrarse y recibir un enlace de reunión, envíe un correo electrónico a SolanoMHSA@solanocounty.com a más tardar 2 días de negocio antes de la fecha y hora de su reunión preferida.

MGA PAGPUPULONG SA KOMUNIDAD UKOL SA PAG-IWAS SA PAGPAPAKAMATAY

Ang Kagawaran ng Kalusugan ng Pag-uugali ng Solano County, sa pakikipagtulungan sa Komite ng Pag-iwas sa Pagpapakamatay ng Solano County, ay naglunsad ng proseso ng pagpapalano ng programa sa pamayanan upang mai-update ang Plano ng Solano County para sa mga Pamamaraan sa Pag-iwas sa Pagpapakamatay (Solano County Suicide Prevention Strategic Plan) na binuo at naaprubahan ng Lupon ng Mga Superbisor ng Solano County noong 2017. Ang Solano County ay isa sa pito lamang na mga lalawigan ng California na mayroong plano para sa buong lalawigan upang matugunan ang isyung ito ng pagpapakamatay. Ang Plano na ito ay isang gabay para sa buong lalawigan — kapwa pampubliko at pribadong sektor — upang mabawasan ang mga namamatay dahil sa pagpapakamatay sa Solano County.

Bilang karagdagan sa naka-target na focus group na gaganapin para sa mga populasyon na isinasaalang-alang na may mas mataas na peligro para sa pagpapakamatay, gaganapin din ang tatlong mga virtual na forum ng komunidad upang mapataas ang kamalayan tungkol sa kung paano nakakaapekto sa lokal na komunidad ng Solano County ang mga kamatayan na dahil sa pagpapakamatay at upang maisali ang mga miyembro ng komunidad sa pagtukoy ng mga pamamaraan upang mabawasan ang bilang ng nagpapakamatay sa ating lokal na lalawigan.

Ang mga forum ng pamayanan ay bukas sa mga tumatanggap ng serbisyo, miyembro ng pamilya, tagapagbigay ng pangangalagang pangkalusugan at pangkalusugan sa pag-uugali, mga lokal na ahensya ng edukasyon, mga nahalal na opisyal, unang tagatugon at mga nag-aalala na mamamayan. Ang bawat forum ay isasama ang mga sumusunod:

- Mga istatistika ng pagpapakamatay sa Solano County
- Kasalukuyang mga pagsisikap at pamamaraan sa pag-iwas sa pagpapakamatay
- Mga breakout session upang makarinig ng puna mula sa pamayanan tungkol sa kung paano mapataas ang kamalayan at maiwasan ang pagpapakamatay
- Pagtataguyod at mga mapagkukunan ng tulong para sa krisis

PETSA

Mayo 3, 2021 | 9am-11am

Mayo 10, 2021 | 5pm - 7pm

Mayo 13, 2021 | 3pm - 5pm

Ito ay mga virtual na forum at gaganapin sa Zoom.
Upang magparehistro at makatanggap ng link ng pagpupulong, mangyaring mag-email sa SolanoMHSA@solanocounty.com nang hindi lalampas sa 2 araw bago ang iyong napiling petsa at oras ng pagpupulong.

Beep, Honk, Yell and Wave, it's a Mental Health Awareness Car Parade!



Journey to Wellness

Join us to raise awareness for Mental Health Month as we ride through Solano County in our 2 DAY car parade - there will be giveaways for the first 50 people at the end of each parade!

**QR code: aim your phone camera to open map*

Vacaville

Wednesday, May 12, 2021 at 10am

Rio Vista

Wednesday, May 12, 2021 at 2pm

Fairfield

Saturday, May 15, 2021 at 11am

Vallejo

Saturday, May 15, 2021 at 2pm



Follow
@solanocountyBH



¡Use su bocina, grito y saludo, unete en nuestro desfile de coches sobre la salud mental!



Viaje al Bienestar



Ven con nosotros para crear conciencia sobre el Mes de la Salud Mental mientras recorremos el condado de Solano en nuestro desfile de coches sobre 2 DÍAS. ¡Habrá obsequios para las primeras 50 personas al final de cada desfile!

**QR código: apunte la cámara de su teléfono para abrir el mapa*

Vacaville

Miercoles, Mayo 12, 2021 a las 10am

Rio Vista

Miercoles, Mayo 12, 2021 a las 2pm

Fairfield

Sabado, Mayo 15, 2021 a las 11am

Vallejo

Sabado, Mayo 15, 2021 a las 2pm



Síganos
@solanocountyBH

Bumusina, Sumigaw at Kumaway, ito ay parada ng kamalayan para sa kalusugang pangkaisipan!



Solano County
Behavioral Health

Biyahe tungo sa Kagalingan



Sumali sa amin sa pagtaas ng kamalayan para sa Buwan ng Kalusugan sa Pag-iisip habang kami ay umiikot sa Solano County sa aming 2 ARAW na parada ng mga sasakyan - magkakaroon ng mga giveaway para sa unang 50 tao sa katapusan ng bawat parada!

**QR code: itapat ang camera ng iyong telepono sa code upang mabuksan ang mapa*

Vacaville

Miyerkules, Mayo 12, 2021 10am

Rio Vista

Miyerkules, Mayo 12, 2021 2pm

Fairfield

Sabado Mayo 15, 2021 11am

Vallejo

Sabado, Mayo 15, 2021 2pm



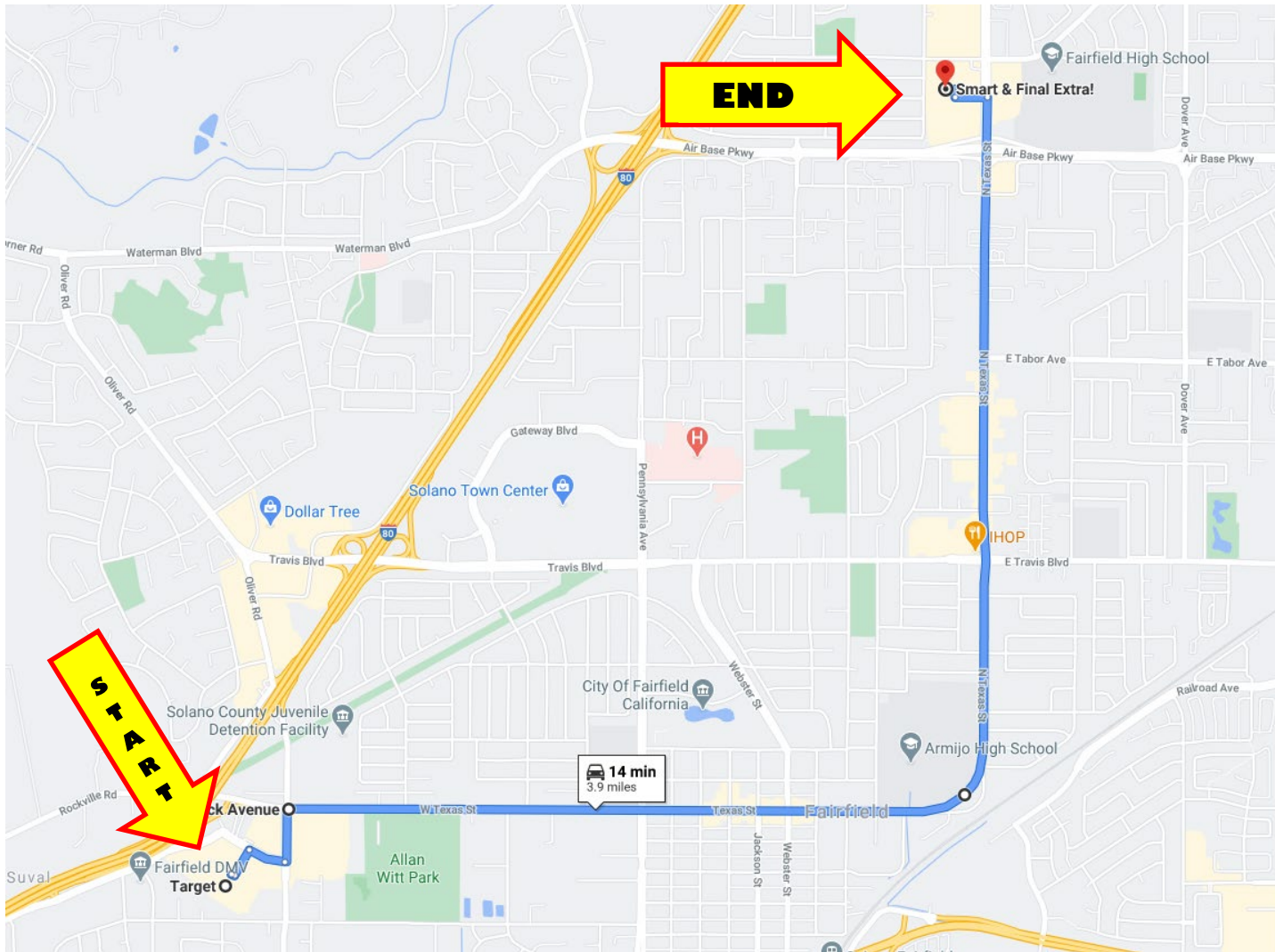
Follow
@solanocountyBH



SOLANO BH: MENTAL HEALTH MONTH 2021

FAIRFIELD CAR PARADE ROUTE

SATURDAY, MAY 15, 2021



10:30am

READY, SET, GO!

We will meet in the parking lot of
TARGET/HOME DEPOT located at:

**2059 Cadenasso Dr.
Fairfield, CA 94534**

We will allow 30 minutes for vehicle
decoration (we will provide some
decorations).

We will obey ALL traffic signs and rules
of the road; we do NOT have
permission to run red lights. If you get
a red light, simply continue the route to
the end meeting point.

ROUTE:

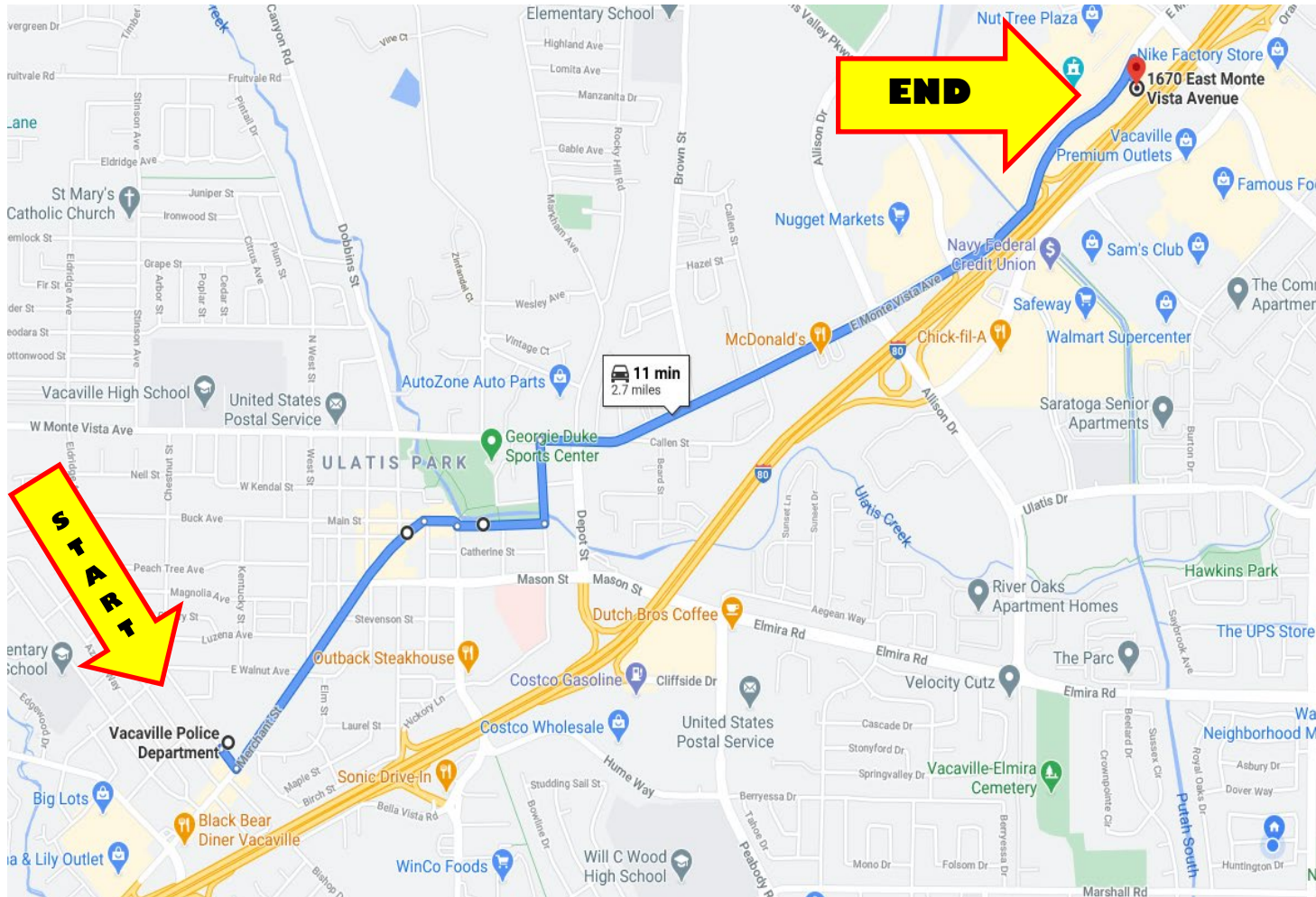
Leaving Target/Home Depot,
turn **RIGHT** on Cadenasso Dr.,
turn **LEFT** on Beck Ave.,
turn **RIGHT** on W. Texas St.,
turn **LEFT** into the Mission Village
Shopping Center.

We have permission to use their
parking spaces closest to the street to
stage the drive-thru.

SOLANO BH: MENTAL HEALTH MONTH 2021

VACAVILLE CAR PARADE ROUTE

WEDNESDAY, MAY 12, 2021



9:30 am

READY, SET, GO!

We will meet in the back-parking lot of the Vacaville Police Station, located at:

**660 Merchant St.
Vacaville, CA 95688**

We will allow 30 minutes for vehicle decoration (we will provide some decorations).

We will obey ALL traffic signs and rules of the road; we do NOT have permission to run red lights. If you get a red light, simply continue the route to the end meeting point.

ROUTE:

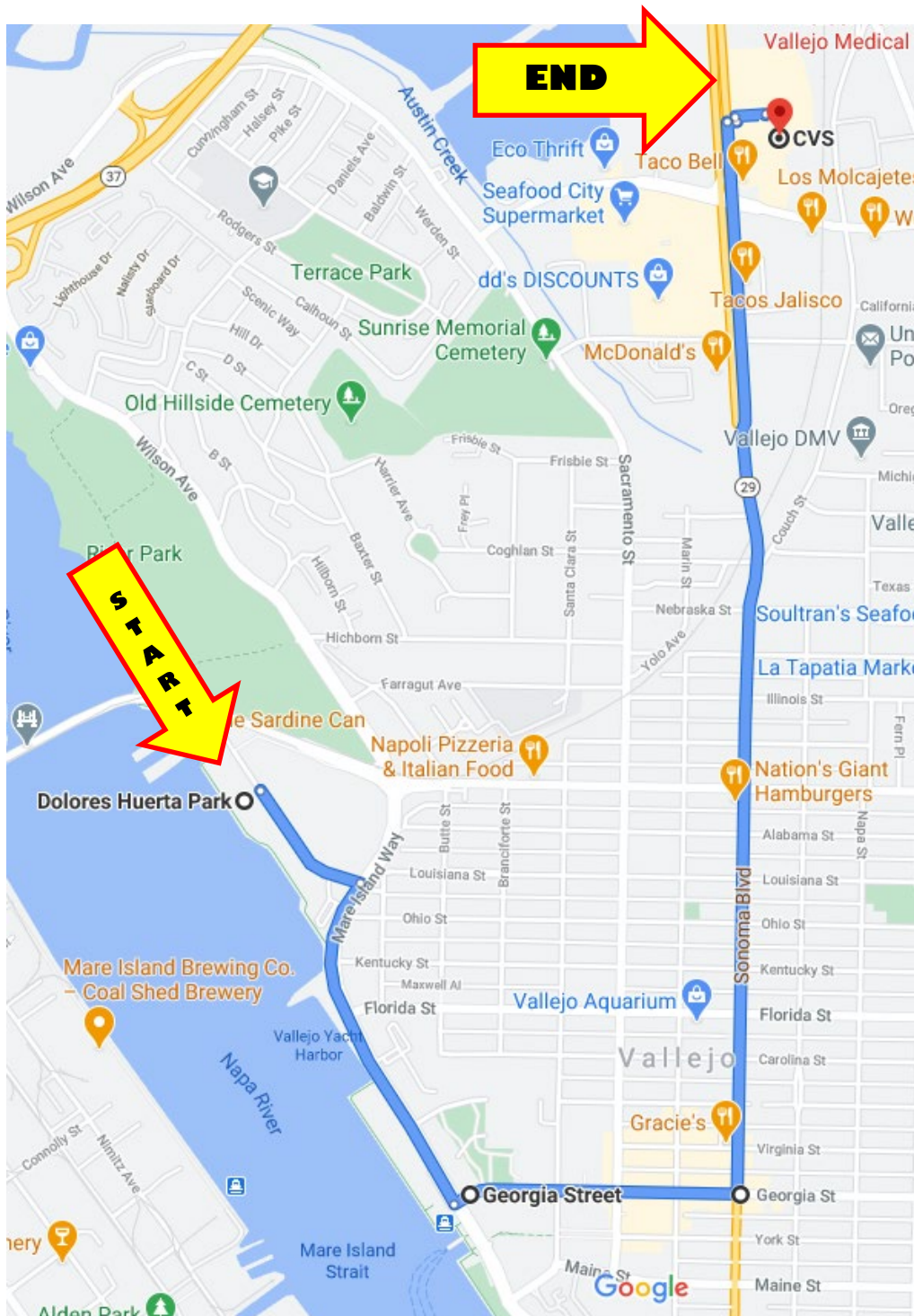
Leaving the Police Station, turn **LEFT** on Merchant St., turn **RIGHT** on Main St., turn **LEFT** on McClellan St., turn **RIGHT** on E. Monte Vista Ave., turn **RIGHT** into last shopping center across from the Nut Tree Plaza Carousel.

Saks OFF 5th Ave is closed and we have permission to use their parking lot to stage the drive-thru.

SOLANO BH: MENTAL HEALTH MONTH 2021

VALLEJO CAR PARADE ROUTE

SATURDAY, MAY 15, 2021



1:30 pm

READY, SET, GO!

We will meet in the parking lot of Dolores Huerta Park in the Marina located at:

**42 Harbor Way
Vallejo, CA 94590**

We will allow 30 minutes for vehicle decoration (we will provide some decorations).

We will obey ALL traffic signs and rules of the road; we do NOT have permission to run red lights. If you get a red light, simply continue the route to the end meeting point.

ROUTE:

Leaving the park/harbor, turn **RIGHT** on Mare Island Way, turn **LEFT** on Georgia St., turn **LEFT** on Sonoma Blvd., turn **RIGHT** into the CVS/99c Store Shopping Center.

We will use parking spaces closest to the street to stage the drive-thru.

17 min (3.3 miles)



via St Francis Way

17 min without traffic

Rio Vista Police Department

50 Poppy House Rd, Rio Vista, CA 94571

↑ Head southwest toward Poppy House Rd

194 ft

↶ Turn left onto Poppy House Rd

0.2 mi

↷ Turn right onto St Francis Way

0.3 mi

↷ Turn right onto Rolling Green Dr

0.2 mi

↶ Turn left onto Virginia Dr

279 ft

↷ Turn right onto Elm Way

0.1 mi

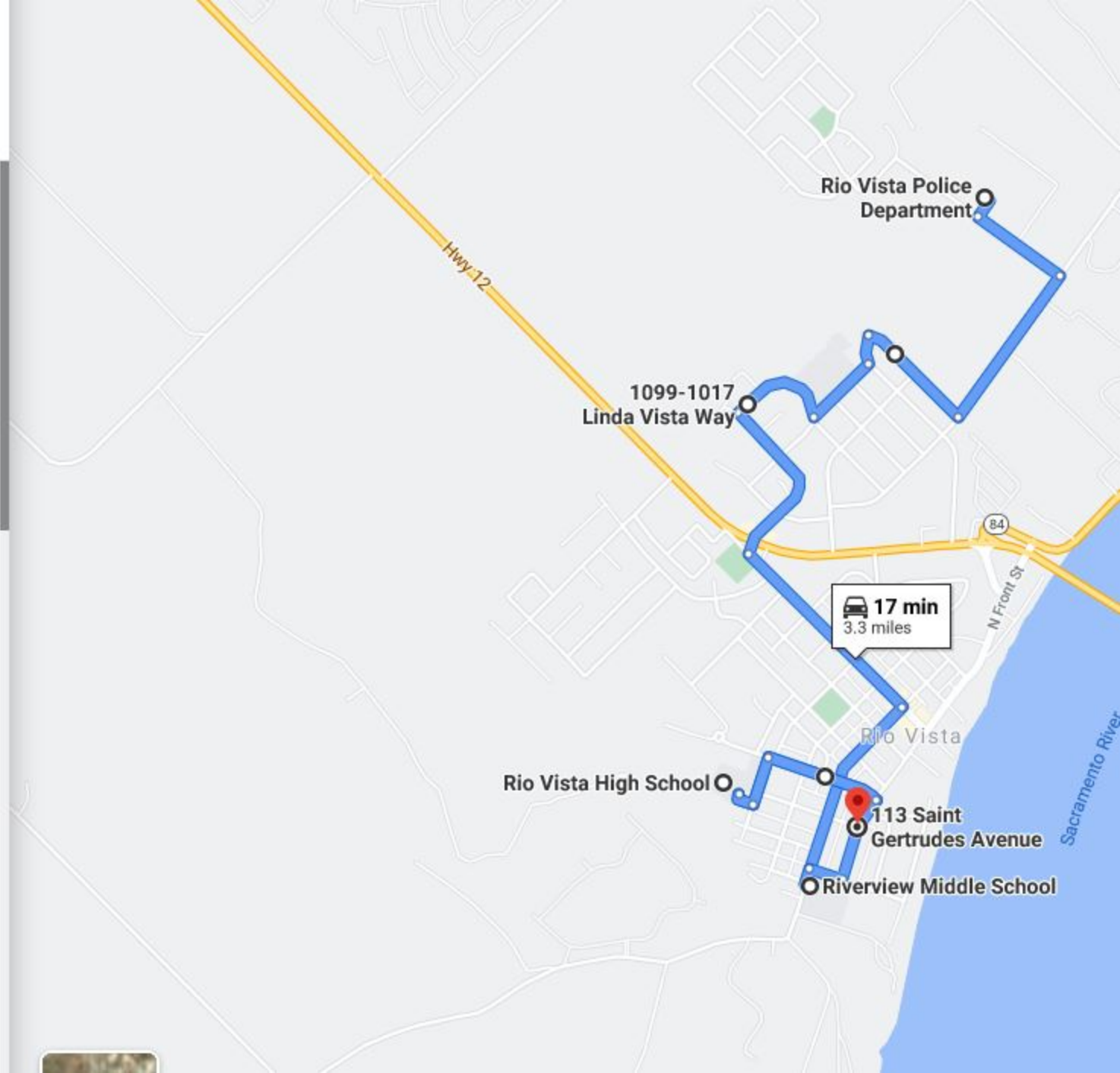
↷ Turn right onto Linda Vista Way

0.2 mi

5 min (1.1 mi)

1099-1017 Linda Vista Way

Rio Vista, CA 94571



"JOURNEY TO WELLNESS"

WITH KEVIN BERTHIA



IN 2005, AT THE AGE OF 22, KEVIN ATTEMPTED TO TAKE HIS OWN LIFE BY JUMPING FROM THE GOLDEN GATE BRIDGE.

IT WASN'T UNTIL 8 YEARS AFTER HIS ATTEMPT THAT KEVIN WAS REUNITED WITH THE OFFICER WHO TALKED HIM BACK TO SAFETY.

SINCE THEN, KEVIN'S STORY OF HOPE HAS TOUCHED A DIVERSE GROUP OF AUDIENCES ALL AROUND THE WORLD. KEVIN HAS HAD THE OPPORTUNITY TO SHARE HIS STORY WITH SEVERAL MAGAZINE OUTLETS ALONG WITH LOCAL AND NATIONAL NEWS STATIONS.

KEVIN BELIEVES THAT HAVING ATTEMPTED SUICIDE PLAYS A MAJOR ROLE IN THE PREVENTION OF ADDITIONAL SUICIDES. NO ONE KNOWS MORE ABOUT THE DARKNESS THAT SURROUNDS SUICIDE THAN THOSE WHO HAVE WALKED IN ITS SHADOW.



MAY 19, 2021
1 PM – 3 PM

Zoom link

zoom.us/j/96942288730

Zoom Meeting ID

969 4228 8730

Zoom Call In Phone Number

669-900-9128

FOR INFORMATION EMAIL:
WRU@SOLANOCOUNTY.COM



@SOLANOCOUNTYBH





Peers at Work in Solano

Creating a supportive environment where Peers can make a meaningful contribution

If you've been wondering what type of environment best supports peers in the workplace, this workshop will give you some great ideas to put into action

☺ **Here's what peers, teams, organizations will find helpful**

- Three key benefits of having peers on the team
- Three ways peers help organizations recover
- Nine common challenges that need to be addressed
- Seven steps toward effective supervision of peers

☺ **Here's steps to create a strong organizational spirit supporting all employees**

- Learn how to develop a meaningful organizational spirit
- Put spirit into action
- Grow professionally through courage and vulnerability
- Develop attitudes of graciousness and generosity

Please join us

May 11, 2021, 10:00AM – 11:00AM

Presenter, Lori Ashcraft, Ph.D., I.T.E.

"Can't wait to share all this good information with you." Lori

Join Zoom Meeting

<https://cbhi.zoom.us/j/97921808983?pwd=dnBISW1pdWd1aHVyRjNRNEpWdDRYdz09>

Meeting ID: 979 2180 8983

Passcode: 279503

Disruption, Discovery & Balance

THURSDAY MAY 13 TH, 1:00 PM

WITH GREG PARNELL



<https://cbhi.zoom.us/j/2524423540> ZOOM LINK

COME TAKE A VISUAL JOURNEY OF GREG PARNELL'S RECOVERY AND SEE HOW DISRUPTION FROM WELLNESS LEAD TO DISCOVERY AND THE NEED FOR BALANCE.

IN THIS COLORFUL WORKSHOP YOU WILL HAVE AN OPPORTUNITY FOR SELF-REFLECTION AND MAYBE IDENTIFY AREAS IN YOUR LIFE YOU MAY WANT TO ADDRESS, SHIFT OR ENHANCE TO CREATE INTENTIONAL BALANCE FOR LIVING YOUR BEST LIFE. BRING PAPER & SOMETHING TO WRITE WITH 😊

QUESTIONS? gparnell@cbhi.net THANK YOU,

I HOPE YOU WILL JOIN ME ON THIS ADVENTURE WITHIN



KAAGAPAY: API OUTREACH

"POETRY- MY JOURNEY TO WELLNESS"



In celebration of May is Mental Health Month and AAPI Heritage Month, our MHSA Kaagapay Asian/Pacific Islander Outreach program invites all **Asian/Pacific Islander individuals** to participate in our **"Poetry – My Journey to Wellness" virtual event on May 21, 2021 from 6-7:30 PM**. This event aims to showcase our community members' talents in Spoken Word Poetry and its benefits when used as a coping tool for mental health wellness.

Visit Solano County Behavioral Health Social Media pages at:
[Facebook.com/solanocountybh](https://www.facebook.com/solanocountybh)
[Instagram.com/solanocountybh](https://www.instagram.com/solanocountybh)
[Twitter.com/solanocountybh](https://www.twitter.com/solanocountybh)
[Vimeo.com/solanobh](https://www.vimeo.com/solanobh)

This project is in partnership with:

Theme: Mental health journey, challenges, coping, and wellness.

To participate, please email me your name, contact number, the poem/spoken word, and title you would like to share to: CLAS@solanocounty.com by May 5, 2021. We invite you to submit original works or rendition of someone's work giving the original author props. We will accept multimedia submission to include: recordings, videos, written word, or a recording of live stream per your preference and level of comfort. Poems and spoken word in different languages are highly encouraged.



Consent to share piece:

Please note that by submitting poems/spoken word the author is agreeing to have their work shared at the virtual event scheduled for May 21, 2021 and Solano County Behavioral Health to share

the poem on our social media platforms. For more information, contact Jackie Torrecampo, Kaagapay API Outreach Coordinator, at (707) 718-4078



WELLNESS • RECOVERY • RESILIENCE



FIGHTING BACK
PARTNERSHIP

**BREAKING THE
STIGMA OF MENTAL
HEALTH**

Solano Pride Center's Mental Health Awareness Week *May 10 - 15*



For More Information Visit:
[HOME](#) | [solanopride](#)



- 5/10:
- Kick off "Mental Health Awareness Week" by posting your 1st uplifting message on your favorite Social Media Platform - how about doing this each day of the week?
 - Don't forget to tag: *#SolanoPrideCenter* and *#JourneyToWellness*

- 5/11:
- 6-7:30 p.m.: Join Dr. Cerrene Cervantes, Executive Director of NAMI Solano, as she discusses:

"In Her Own Voice: A Journey to Resiliency"

Join via Zoom: <https://zoom.us/j/97368558631>

- 5/12:
- Join us for a CAR Parade today in Vacaville (10am) and Rio Vista (2 pm)!
For more information visit: [Solano County - Mental Health Month](#)
 - 6-8 p.m.: Tune in to our LIVE STREAM as Engaged LGBT+ Youth discuss *"Mental Health within the LGBT+ Community,"* -
Join via Solano Pride Center's Website: [HOME](#) | [solanopride](#)

- 5/13:
- 6-7:30 p.m.: Dive into a SOUND BATH**
Bridget Reilly, certified Life Coach and Sound healing Practitioner, takes us on a full -body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to NURTURE YOUR MIND AND BODY
Join via Zoom: <https://zoom.us/j/97368558631>

- 5/14:
- 6-7 :30 p.m.: **Stress Less With Pride**
Solano Pride Center's own, Colin Amato, LMFT, discusses Stress and Anxiety, the roles it plays in our Mental Wellness and offers "Stress Release Strategies," and "tools" that can help us manage life's inevitable up's and down's in a healthy, manageable ways.
Join via Zoom: <https://zoom.us/j/97368558631>

- 5/15:
- Join us for a CAR Parade today in Fairfield (11 am) and Vallejo (2 pm)!
For more information visit: [Solano County - Mental Health Month](#)

Wednesday May 5, 2021

6 - 8:30pm – Pacific Standard Time

“Free Virtual Screening”

"My Ascension", a documentary film to spread hope and fight suicide.

The Screening will be followed by a Panel -Zoom



A series of miracles saved Emma Benoit's life, but the self-inflicted gunshot shot wound resulted in a spinal cord injury that left her paralyzed. Although extremely tragic, the incident propelled her on a mission to use her painful experience and miraculous recovery to help others find hope and live.

My Ascension is a film that was created to inspire and educate audiences, while providing a spark to help individuals and communities save lives by enhancing suicide prevention efforts.

Register - <https://www.eventbrite.com/e/149936358685>



National Alliance on Mental Illness

nami

Solano County



You are invited to join us for our Virtual Speaker Meeting

May 8, 2021 10:00 A.M. PST

Tarrin Morgan II, M.A., M.A.S.
Mental Health Advocate NAMI



Tarrin Morgan uses a unique approach that allows the audience to be present during his darkest hour when he was considering suicide but found the sign that his life was not meant to end. Morgan utilizes his impactful and inspiring story of how he went from feeling hopeless to hopeful in efforts to

He EDUCATES others and to FIGHT the stigma!

Tarrin's has a Real Talk Session Series free and easy to digest "edutainment" that addresses and brings awareness to the experiences, hardships, etc. that populations living in underserved areas face daily.

Join us through Zoom

Meeting ID: 849 8360 4095

Passcode: 839861

ALL ARE WELCOME! INVITE A FRIEND!

stigmafree

FOR MORE INFORMATION, CONTACT: NAMI SOLANO COUNTY

Email: info@namisolanoounty.org Web: www.namisolanoounty.org

P.O. Box 3334 Fairfield, CA 94533

Resource Line: 707-422-7792





NAMI
National Alliance on Mental Illness

Solano County



***You are invited to celebrate Mental Health Month by
joining NAMI Solano County for a Virtual Book Discussion
Anita Catlin, Vice President of NAMI Solano,
will be discussing Turtles all the Way Down***

Saturday May 15, 2021 -12:15 PM PST to 1:15 PM



This is a story that so accurately depicts the life of a teen who has mental health needs.
Beautifully written.

Books for sale at Alibi Books in [Vallejo 624 Marin Street](#) 707 563 5179 Call to reserve one
Owner's are John and Karen

Saturday, May 15, 2021 - 12:15 PM-1:00 PM PST

Please Join Us By Zoom

ID. 88255305868 Password : 505157

ALL ARE WELCOME! INVITE A FRIEND!

stigmafree

FOR MORE INFORMATION, CONTACT: NAMI SOLANO COUNTY

Email: info@namisolanoounty.org Web: www.namisolanoounty.org

P.O. Box 3334 Fairfield, CA 94533

Resource Line: 707-422-7792





***You are invited to join us for our Virtual Speaker Presentation
“Ending the Silence”
May 22, 2021 at 10:00 A.M. PST***

What is Ending the Silence

NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point and short videos. There are three types of Ending the Silence presentations: one for youth, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, all 3 presentations include personal testimony from a young adult living with a mental health condition and her/his journey to recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

Our Presenters

Jeff Thompson and Maddy Smith

Audience Perspectives

“Thank you. For coming and sharing your story I immediately felt better and not alone. Youth

“It is amazing what just one day, one talk can do. You never really know what’s going on in the brain of any particular student.” -Teacher

I’m grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don’t understand. But now I’m sure they would be more supportive of me.” -Youth

May 22, 2021---- 10:00 A.M. PST

Join us through Zoom

Meeting ID: 845 0060 3330

Passcode: 566587

ALL ARE WELCOME! INVITE A FRIEND!

stigmafree



FOR MORE INFORMATION, CONTACT: NAMI SOLANO COUNTY
Email: info@namisolanoounty.org Web: www.namisolanoounty.org
P.O. Box 3334 Fairfield, CA 94533 Resource Line: 707-422-7792





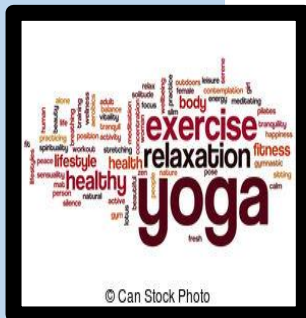
Solano County



MAY IS MENTAL HEALTH AWARENESS Month
 >> Take Care of Your Stress

“Yoga and My Recovery

Amritari Martinez M.A. E-RYT



Join us through Zoom

Passcode: 422438

ALL ARE WELCOME! INVITE A FRIEND!

~~stigma~~*free*





Caminar



MENTAL HEALTH MONTH



**Meet and Greet with
Book Author,
Cynaka Harper
on Monday,
May 17, 2021
at 11:30 AM PST**

Published books:

Life's Journey
Love Loss Life
Dreamer's Fantasy



Join Zoom Meeting:

[https://zoom.us/j/95624396932?
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