



# May 2019 ~ Mental Health Matters Calendar of Community Events



Want more information on Community Events and Mental Health Services in Amador County? Contact Vanessa Compton @Amador County Behavioral Health ~ 223-6315 [vcompton@amadorgov.org](mailto:vcompton@amadorgov.org)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>When 'I' is replaced by 'We' even Illness becomes Wellness</i> <a href="http://amador.networkofcare.org">amador.networkofcare.org</a></p>	<p>Nexus Youth &amp; Family Services <a href="http://www.nexusyfs.org">www.nexusyfs.org</a></p>	<p>Take a Ride on the Transit Get to know your county and community 267-9395</p>	<p>1 Find these Community Events, Resources and more @ <a href="http://amador.networkofcare.org">amador.networkofcare.org</a> Check out the Wellness Table @HHSA</p>	<p>2 NAMI Connection @Amador Senior Center 1:30 MHSA Steering Committee meeting @HHSA 3:30</p>	<p>3  Talk to your child about Mental Health First 5 Amador 257-1092</p>	<p>4 NAMI Walk - Sacramento Science Saturday @Pine Grove Elementary World Labyrinth Day Celebration ~ Walk as One~ Amador City 1:00</p>
<p>5 Stand Up to Stigma Let's Talk About Mental Health Unless someone like you cares a whole awful lot, nothing is going to get better. It's not ~Dr Suess</p>	<p>6 Maternal Wellness Labyrinth Event @First 5 10-6 </p>	<p>7 Chronic Pain &amp; Mental Health Workshop Ione Family Resource Center 4:30-6:30 257-1980 ext 104</p>	<p>8 Grandparent Cafe 9:30 QPR @Amador Residential Care 2:00 Chronic Pain &amp; Mental Health Workshop UCC 12:30-2:30 Senior Visitor Training 1-4</p>	<p>9 Your illness does not define you. Your Strength and Courage Does..</p>	<p>10 Check out the Wellness Table @Amador Senior Center 11-1 Provider Appreciation Night @First 5 Amador 5:30-8:00</p>	<p>11 Visit NAMI @ <a href="http://www.namiamador.org">www.namiamador.org</a> <a href="http://www.facebook.com/NAMIAMador">www.facebook.com/NAMIAMador</a> </p>
<p>12 Did you know May is also Maternal Mental Health Month? Post Partum Support International 1-800-944-4773</p>	<p>13  Visit Sierra Wind Wellness and Recovery Center 223-1956</p>	<p>14 Check out the Wellness Table @Amador Senior Center 11-1 QPR @First 5 Amador 5:00</p>	<p>15 Diabetes Information Fair Sutter Amador Hospital 9-12 EMM @SF Giants Game Youth Mental Health First Aid @Nexus 9-5 257-1980 ext 116</p>	<p>16 Senior Center 223-0442 NAMI Connection Amador Senior Center 1:30 Suicide Prevention Coalition meeting @HHSA 3:30</p>	<p>17 Safe Kids Safety Awareness Day @Sutter Creek Elementary LGBTQ Peer Support Group @Sierra Wind 5:00</p>	<p>18 Connect Reach Out Inspire Hope Offer Help</p>
<p>19 Homeless Resource Fair and Campout Detert Park @8am</p>	<p>20 Homeless Resource Fair @Detert Park (through 6pm) Victory Village Veterans Center 223-2286</p>	<p>21 Have lunch at the Senior Center! Become a Senior Visitor NAMI meeting Sutter Amador Hospital 5:30</p>	<p>22 Mental Health Matters Day in Sacramento 9:30-2:30 Check out the Wellness Table @Amador Senior Center 11-1 SafeTALK Suicide Prevention training 3:00pm-6:00pm FRED Talk @First 5 5:30</p>	<p>23 Check out the Wellness Table @HHSA NAMI Connection @Amador Senior Center 1:30</p>	<p>24 EMM @Sacramento River Cats Game Make a Difference! Volunteer in your community</p>	<p>25 EMM @Oakland A's Game Dad &amp; Me @Made in Amador</p>
<p>26 </p>	<p>27 Amador County Behavioral Health 223-6412 It's OK to Not be Ok There is Hope ~ There is Help</p>	<p>28 We need to hear from You! Don't Forget to turn in your MHSA Community Program Planning Surveys! Due by 5/31/19 @5:00</p>	<p>29 Mental Health First Aid @UCC 9-5—Contact Nexus to register 257-1980 ext 116  Movimiento de Salud Mental de California</p>	<p>30 NAMI Connection @Amador Senior Center 1:30 </p>	<p>31 ATCAA 223-1485 ATCAA.org Tribal TANF 257-6150 Nexus Youth &amp; Family Services 257-1980</p>	<p> Text HELLO to 741741 Free, 24/7, Confidential</p>