



# 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

Pain Isn't Always Obvious



Suicide Is Preventable.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>When 'I' is replaced by 'We' even Illness becomes Wellness <a href="http://amador.networkofcare.org">amador.networkofcare.org</a></i>	Nexus Youth & Family Services <a href="http://www.nexusyfs.org">www.nexusyfs.org</a> 	Take a Ride on the Transit Get to know your county and community 267-9395 	1 <i>Find these Community Events, Resources and more @ <a href="http://amador.networkofcare.org">amador.networkofcare.org</a> Check out the Wellness Table @HHSA</i>	2 <i>NAMI Connection @Amador Senior Center 1:30 MHSA Steering Committee meeting @HHSA 3:30</i>	3 <i>Talk to your child about Mental Health First 5 Amador 257-1092</i>	4 <i>NAMI Walk - Sacramento Science Saturday @Pine Grove Elementary World Labyrinth Day Celebration ~ Walk as One ~ Amador City 1:00</i>
5 <i>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</i>	6 <i>Maternal Wellness Labyrinth Event @First 5 10-6 </i>	7 <i>Chronic Pain &amp; Mental Health Workshop Ione Family Resource Center 4:30-6:30 257-1980 ext 104</i>	8 <i>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</i>	9 <i>Your illness does not define you. Your Strength and Courage Does..</i>	10 <i>Check out the Wellness Table @Amador Senior Center 11-1 Provider Appreciation Night @First 5 Amador 5:30-8:00</i>	11 <i>Visit NAMI @ <a href="http://www.namiamador.org">www.namiamador.org</a> <a href="http://www.facebook.com/NAMIAmador">www.facebook.com/NAMIAmador</a> </i>
12 <i>Did you know May is also Maternal Mental Health Month? Post Partum Support International 1-800-944-4773 </i>	13 Visit Sierra Wind Wellness and Recovery Center 223-1956	14 <i>Check out the Wellness Table @Amador Senior Center 11-1 QPR @First 5 Amador 5:00</i>	15 <i>Diabetes Information Fair Sutter Amador Hospital 9-12 EMM @SF Giants Game Youth Mental Health First Aid @Nexus 9-5 257-1980 ext 116</i>	16 <i>Senior Center 223-0442 NAMI Connection Amador Senior Center 1:30 Suicide Prevention Coalition meeting @HHSA 3:30</i>	17 <i>Safe Kids Safety Awareness Day @Sutter Creek Elementary LGBTQ Peer Support Group @Sierra Wind 5:00</i>	18 <i>Connect Reach Out Inspire Hope Offer Help</i>
19 <i>Homeless Resource Fair and Campout Detert Park @8am</i>	20 <i>Homeless Resource Fair @Detert Park (through 6pm) Victory Village Veterans Center 223-2286</i>	21 <i>Have lunch at the Senior Center! Become a Senior Visitor NAMI meeting Sutter Amador Hospital 5:30</i>	22 <i>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</i>	23 <i>Check out the Wellness Table @HHSA NAMI Connection @Amador Senior Center 1:30</i>	24 <i>EMM @Sacramento River Cats Game Make a Difference! Volunteer in your community</i>	25 <i>EMM @Oakland A's Game Dad &amp; Me @Made in Amador</i>
26	27 <i>Amador County Behavioral Health 223-6412 It's OK to Not be Ok There is Hope ~ There is Help</i>	28 <i>We need to hear from You! Don't Forget to turn in your MHSAs Community Program Planning Surveys! Due by 5/31/19 @5:00</i>	29 <i>Mental Health First Aid @UCC 9-5—Contact Nexus to register 257-1980 ext 116</i>	30 <i>NAMI Connection @Amador Senior Center 1:30</i>  	31 <i>ATCAA 223-1485 ATCAA.org Tribal TANF 257-6150 Nexus Youth &amp; Family Services 257-1980</i>	 Text HELLO to 741741 Free, 24/7, Confidential