



# May Mental Health Awareness Month Events



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5  <b>Templeton Middle School</b> 5:30 PM - 7 PM	6
9	10  <b>Lillian Larson Elementary</b> 4:30 PM - 6 PM	11  <b>Journey of Hope</b> 5 PM - 8 PM	12	13
16	17	18  <b>Bike Breakfast</b> 7 AM - 9 AM	19  <b>Cambria Grammar School</b> 3 PM - 4 PM	20
23	24  <b>Dana Elementary School</b> 4 PM - 6 PM	25  <b>Mesa Middle School</b> 5:30 PM - 7 PM	26	27

 **SCHOOL EVENTS**

Parents and students of these schools can attend open house events and receive mental health self-care kits.

 **SLO FOOD BANK EVENTS**

Community members who attend these SLO Food Bank Distributions will receive mental health self-care kits.

 **JOURNEY OF HOPE**

Attend this inspiring virtual event to hear stories of overcoming mental health adversity and be filled with hope for a brighter future.

 **BIKE BREAKFAST**

Community members can bike to our Prevention and Outreach office for free breakfast, music, games, and more!

**For complete event details please visit [www.slocounty.ca.gov/MayMH](http://www.slocounty.ca.gov/MayMH)**