

MAY 4

MAY 4

MAY 6

MAY 7

MAY 8

MAY 8

MAY 11

NAMI Walks

8am - 12pm | NAMI Sacramento | William Land Park, 1950 Sutterville Rd. Sacramento, CA 95822  
Mental Health Resource Fair and 5k walk event.

NAMI Sacramento, 7230 S. Land Park Dr., Ste. 111, Sacramento, CA 95831  
Jen Sparks, Walk Manager,  
916-908-8220, [jennifer@namisacramento.org](mailto:jennifer@namisacramento.org)

A Super 60s/70s Celebration

6pm - 10om | Kyle Hyland Foundation | 1135 Church Street Benicia, CA

A Super 60s/70s Celebration 6pm-10pm at Hyland Teen Center. All proceeds will benefit the Kyle Hyland Foundation and its teen programs. Register by 4/26 at [kylehyland.com](http://kylehyland.com)

[kylehyland.com](http://kylehyland.com)

Mindful Visions: Cultivating Wellness

12pm - 1pm | Solano County Office of Education | Vallejo Adult School 436 Del Sur St. Vallejo CA 94591

Vision board and positive planning for the year (English & Spanish)

Byanka Taber & Alondra Jijon (PATH)  
[btaber@solanocoe.net](mailto:btaber@solanocoe.net)  
707-646-7692

Climate & Culture Collaborative

3:30pm - 5pm | Solano County Office of Education | Virtual

General group focused on topics related to school climate and culture for any individuals working within or with schools. Will focus on wellness for education personnel.

Register w/ Dr. Jennifer Buzolich  
[jbuzolich@solanocoe.net](mailto:jbuzolich@solanocoe.net)

Parent Open House

11am - 1pm | Solano County Behavioral Health | Children's Mental Health Clinic - 2101 Courage Drive Fairfield CA

Solano County Behavioral Health will be providing and Open House for Parents/Caregivers who have kids with behavioral health needs a chance to come learn about our services, how to access resources, and mingle with other parents.

Email Kattera Cordero [KACordero@SolanoCounty.com](mailto:KACordero@SolanoCounty.com) or [SolanoMHSA@SolanoCounty.com](mailto:SolanoMHSA@SolanoCounty.com) or call 707-784-8320 for more information

(Bilingual) Strengthening Families Mental Health

5:30 - 7:30pm | Solano County Office of Education | Sullivan Language Immersion Academy 2195 Union Avenue Fairfield CA

Family Workshop (English & Spanish): Parents will be able to build upon skills to further support family engagement and wellness. Engaging conversations around healing Learn family strategies to enhance family culture Expressive art activities for children and youth. Registration is required.

Gabriela Salazar  
[gsalazar@solanocoe.net](mailto:gsalazar@solanocoe.net)  
(707)646-7688

Out of the Darkness Walk

9am | American Foundation for Suicide Prevention | Angelo Rodriguez High School, 5000 Red Top Road, Fairfield, CA 94533

Be a part of the walk and join thousands of students across the country to raise money for the American Foundation for Suicide Prevention. Together we can bring mental health conditions like depression and anxiety out of the darkness and put a stop to this loss of life. Walk to support a friend, a loved one, or yourself.

Shari Papadopoulos, Walk Chair  
[afsp.campuswalk.solano@gmail.com](mailto:afsp.campuswalk.solano@gmail.com)  
Website: [supporting.afsp.org/event/solano](http://supporting.afsp.org/event/solano)



MAY 14

(Spanish) Strengthening Families Mental Health

5:30 - 7:30pm | SCOE Strengthening Families Event | Gretchen Higgins Elementary School 1525 Pembroke Way Dixon CA

Taller familiar: Los padres podrán desarrollar habilidades para apoyar aún más el compromiso y el bienestar familiar. Conversaciones atractivas en torno a la curación Aprender estrategias familiares para mejorar la cultura familiar Actividades artísticas expresivas para niños y jóvenes. Es necesario registrarse.

Gabriela Salazar  
gsalazar@solanocoe.net  
(707)646-7688

MAY 18

Mental Health Action Day

Mental Health Action Network

Action looks different for everyone. Mental Health Action Day encourages and empowers everyone to take action for themselves, for their loved ones, or for their community based on what works for them. If you have concerns about your or someone else's mental health, please contact a medical professional or call 988 for a free, confidential conversation. To learn more about mental health actions you can take based on what you're feeling or experiencing, visit: <https://www.mentalhealthishealth.us/>

[www.mentalhealthishealth.us/](https://www.mentalhealthishealth.us/)

MAY 18

African American Community Mental Health Conference

9:30am - 2pm | Mt. Calvary Baptist Church | 1735 Enterprise Dr BLDG 3, Fairfield, CA 94533

African American Community Mental Health Conference that will address crucial topics and discussions that will help support families.

Ashley Caldwell  
MCBC Young Adults Member  
(707)208-5703

MAY 28

Community Resource Fair

5:30 - 7:30pm | Emmanuel Arms Community Inc. | Emmanuel Arms Community Inc. 900 6th St., Vallejo, CA 94590

Communiuty Resource Fair that will provide resources for employment, child care services, housing help, mental health and substance use services, veterans services and much more.

[emmanuelarmscommunityinc.org](http://emmanuelarmscommunityinc.org)  
707-642-2391

MAY 29

Mental Health Stigma Community Presentation

Solano County Behavioral Health | Virtual

Solano County Behavioral Health will be providing a virtual community presentation that raises awareness about mental health stigma. The presentation will be held on Zoom.

Visit our [website](#) or Please email [SolanoMHSA@SolanoCounty.com](mailto:SolanoMHSA@SolanoCounty.com) or call 707-784-8320 to register

MAY 30

Grow Through What You Go Through Comedy Show

Solano County Behavioral Health

A comedy show featuring popular comedy group 1° of Separation that explores the stigmas surrounding depression and suicidal ideation with messages of hope, triumph and laughter. Also features additional art activities.

Vallejo JFK Library 11:30am-1:30pm  
Fairfield Civic Library 2:30p-4:30pm  
Vacaville Town Square Library 5pm-7pm

Visit our [website](#) or Please email [SolanoMHSA@SolanoCounty.com](mailto:SolanoMHSA@SolanoCounty.com) or call 707-784-8320 to register

