

MAY IS MENTAL HEALTH MONTH *KICK-OFF EVENT!*

Goodwill-Redwood Empire - Wellness and Advocacy Center

Come celebrate May is Mental Health Month on May 2, 2019



When: Thursday, May 2, 2019
Time: 2:30 – 4:30 p.m.
Where: Wellness and Advocacy Center
2245 Challenger Way, Suite 104
Santa Rosa, CA 95407

- ❖ **2:30-3:30 p.m.** Meet representatives from our community partners dedicated to furthering and supporting mental health and wellbeing
- ❖ **3:30-4:30 p.m.** Enjoy opening remarks by our special guest speaker, followed by Stigma Busting with Wendy Wheelwright, MFT, and closing with A Mindfulness Exercise with Megan Carlock, Team Leader for Goodwill's Crisis Counseling Program

Browse the Wellness and Advocacy Center Art Program Store - featuring the handcrafted work of talented member artists.

For additional information please contact: Sean Bolan (707) 565-7804 or sbolan@gire.org

Community Partners: Latino Service Providers, Sonoma County Indian Health Project, Buckelew Programs, National Alliance on Mental Illness, Community Support Network, V.O.I.C.E.S. Youth Center, LOMI and SOS Community Counseling, Kaiser Permanente and St. Joseph's Hospitals

