



SURVIVING TO THRIVING

MAY IS MENTAL HEALTH MONTH 2020

MAY 7, 11, 14, 2020

NAMI SUPPORT & CONNECT 10AM-11AM
<https://us02web.zoom.us/j/83874786882>
Meeting ID: 838 7478 6882 #
One tap mobile
1-669-900-6833 US (San Jose)

MAY 8, 2020- Will be Recorded!

Wellness & Recovery Unit-Solano County
10AM-12PM
Peer Support Network presentation by Tim Dreby, LMFT
<https://bit.ly/2Lb4NfY> on TEAMS
+1 323-457-3408 ID: 807 616 716#

MAY 18, 21, 2020

NAMI SUPPORT & CONNECT 10AM-11AM
<https://us02web.zoom.us/j/83874786882>
Meeting ID: 838 7478 6882 #
One tap mobile
1-669-900-6833 US (San Jose)

MAY 15, 2020- Will be Recorded!

Wellness & Recovery Unit- Solano County
1:45PM
Self-Care Friday!
<https://bit.ly/2Lb4NfY> on TEAMS
+1 323-457-3408 ID: 807 616 716#

MAY 22, 2020- Will be Recorded!

Wellness & Recovery Unit- Solano County
1:45PM
Self-Care Friday!
<https://bit.ly/2Lb4NfY> on TEAMS
+1 323-457-3408 ID: 807 616 716#

MAY 25, 28, 2020

NAMI SUPPORT & CONNECT 10AM-11AM
<https://us02web.zoom.us/j/83874786882>
Meeting ID: 838 7478 6882 #
One tap mobile
1-669-900-6833 US (San Jose)

MAY 22, 2020

Wellness & Recovery Unit- Solano County
1:45PM
Self-Care Friday!
<https://bit.ly/2Lb4NfY> on TEAMS
+1 323-457-3408 ID: 807 616 716#

MAY 28, 2020-SAVE THE DATE!

MHSA- Solano County
3PM-5PM
David Woods Bartley
"I Don't Know What to Say, Learning the Language of Mental Health"
Suicide Prevention
REGISTRATION LINK COMING!

MAY 29, 2020- Will be Recorded!

Wellness & Recovery Unit- Solano County
1:45PM
Self-Care Friday!
<https://bit.ly/2Lb4NfY> on TEAMS
+1 323-457-3408 ID: 807 616 716#

MAY 30, 2020

NAMI Virtual Walk 10AM-12PM
Register Now
<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=897>

