

# 2023 EVENT CALENDAR MENTAL HEALTH MONTH

APR 25

## MAY IS MENTAL HEALTH MONTH PROCLAMATION

9:00 AM | BOARD OF SUPERVISORS CHAMBERS - 675 TEXAS ST, FAIRFIELD

Presentation at the Solano County Board of Supervisor's Meeting. Community members can view the meeting here:

<https://www.solanocounty.com/depts/bos/meetings/videos.asp>



MAY 1

## PEER ARTWORK EXHIBIT HOSTED BY SOLANO BH

Artwork created by peers will be displayed in Solano County Behavioral Health clinic lobbies in Vallejo, Fairfield, and Vacaville.

For more information contact: [wru@solanocounty.com](mailto:wru@solanocounty.com)



MAY 3

## TRANSPORTATION TRAINING

FROM 10:00 AM TO 11:00 AM

Solano Mobility will provide training about transportation options for Vallejo Adult Wellness Center participants. For more information contact: [MLopez@caminar.org](mailto:MLopez@caminar.org)



MAY 4

## JUNTOS EN LA COMUNIDAD REDUCING MENTAL HEALTH STIGMA IN THE LATINX COMMUNITY

5 PM - 6 PM | 436 DEL SUR ST. VALLEJO, CA. RM 21 WELLNESS CENTER

For years mental health has been stigmatized in the Latinx community. Solano County Office of Education invites community members to participate in a group discussion that will help educate, empower, and build community with each other.

For more information contact: [AALdaco@solanocoe.net](mailto:AALdaco@solanocoe.net)



MAY 6

## "NAMI WALKS" NORTHERN CALIFORNIA

8:00 AM-NOON | WILLIAM LAND PARK, 1701 SUTTERVILLE ROAD, SACRAMENTO

NAMI of Solano County will be participating in the 2023 NAMI Walks in Northern California and invites all community members to join. This year's theme is ALL TOGETHER - FOR MENTAL HEALTH FOR ALL.

For more information contact: [nicollette@namisolanocounty.org](mailto:nicollette@namisolanocounty.org)



MAY 8-12

## CHILDREN'S ART EXPO HOSTED BY SOLANO BH

2101 COURAGE ST. FAIRFIELD

Community members are invited to the Fairfield Children's Mental Health Clinic on Beck Ave. to share anonymous artwork, poems, paintings, letters, rock paintings, and participate in a sidewalk chalk mural that will feature images and quotes encouraging Mental Wellness and Resiliency.

For more information contact: [BJPerez@SolanoCounty.com](mailto:BJPerez@SolanoCounty.com)



MAY 11

## SELF-CARE THROUGH ART

1PM-2PM | 436 DEL SUR ST. VALLEJO, CA. RM 21 WELLNESS CENTER

Solano County Office of Education and Promoting Adult Therapeutic Health (P.A.T.H.) invites you to join a one hour in-person workshop to destress and learn about self-care, mental health, and the therapeutic benefits of art. Admission is free. For more information contact: [Btaber@solanocoe.net](mailto:Btaber@solanocoe.net)



MAY 13 & 18

## "ENDING THE SILENCE" BY NAMI SOLANO

AT PARTICIPATING SCHOOLS

NAMI is partnering with Solano County Office of Education to present talks about mental health stigma reduction in schools.

For more information and schools participating contact: [nicollette@namisolanocounty.org](mailto:nicollette@namisolanocounty.org)



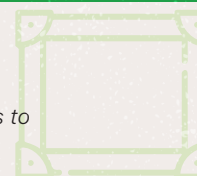
MAY 21

## NAMI PEER ART SHOW

10AM - 4PM | 4949 SUISUN VALLEY ROAD, FAIRFIELD

NAMI Solano will be hosting a Peer Art Show and invites community members to enjoy a day filled with live music, food, films and presentations.

For more information contact: [namianitacaitlin@gmail.com](mailto:namianitacaitlin@gmail.com)



FOR MORE INFORMATION:



@SOLANOCOUNTYBH

SOLANO COUNTY BEHAVIORAL HEALTH  
275 BECK AVENUE, FAIRFIELD, CA 94533  
PHONE: 707-784-8320  
SOLANOCOUNTY.COM/DEPTS/BH



# MAY IS MENTAL HEALTH MONTH 2023

MAY 22

## TRANSPORTATION TRAINING

10:00 AM -11:00 AM

Solano Mobility will provide training about transportation options for Fairfield Adult Wellness Center participants. For more information: [DovelynM@caminar.org](mailto:DovelynM@caminar.org)



MAY 23

## COMMUNITY RESOURCE FAIR

10:00 AM – 3:00 PM | 900 6TH STREET VALLEJO

Emmanuel Arms Community Inc. will be hosting a free Community Resource Fair that will offer resources for veterans, employment opportunities, child care, housing help, mental health and substance use services, and much more! For more information contact: [707-642-2391](tel:707-642-2391)



MAY 23

## COMMUNITY INCLUSION TRAINING HOSTED BY SOLANO BH

9:00 AM – 3:00 PM | COUNTY EVENT CENTER, 601 TEXAS ST, FAIRFIELD

Dr. Mark Salzer of Temple University will be training direct service staff to relay fundamental beliefs and research based practices that are required for making community inclusion a reality for people with serious mental illnesses.

Registration opens May 1, 2023 here: [www.surveymonkey.com/r/commInclusionTrainingREGMay2023](http://www.surveymonkey.com/r/commInclusionTrainingREGMay2023)



MAY 24

## COMMUNITY COMEDY SHOWS HOSTED BY SOLANO BH

1Degree of Separation will be providing two community shows aimed at ending the stigma of mental illness. The show is followed by a panel discussion with the audience. SHOWS ARE FAMILY FRIENDLY AND FREE TO THE PUBLIC!

For more information contact: [wru@solanocounty.com](mailto:wru@solanocounty.com)

Learn more about the show here: [www.1degreeofseparation.life](http://www.1degreeofseparation.life)



## JFK LIBRARY

4:00 PM - 5:30 PM | MAY 24  
505 SANTA CLARA ST. VALLEJO, CA



## FAIRFIELD LIBRARY

6:30PM -8PM | MAY 24  
1150 KENTUCKY ST, FAIRFIELD, CA

