



MENTAL HEALTH  
AWARENESS  
MONTH

## Calendar of Classes and Events

Tuesday, May 2	6 p.m. Mindful and Strong
Wednesday, May 3	9 a.m. - 12 p.m. Mindful Minute at Fitness and Health Center
Monday, May 8	4 p.m Digital Detox
Tuesday, May 9	5:30 p.m. Girl Talk - Expectant Mothers and Their Villages 11 a.m. - 1 p.m. Shine the Light at College of the Canyons
Wednesday, May 11	11 a.m. - 1 p.m. Shine the Light at College of the Canyons
Thursday, May 11	1 p.m. Food and Mood
Friday, May 12	10 a.m. Suicide Prevention, Intervention, Response Training 4 p.m. Maintaining Your Well-Being
Wednesday, May 17	10 a.m. Mindful and Strong
Thursday, May 18	6 p.m. Coming to Know Yourself
Saturday, May 20	10 a.m. - 2 p.m. Stop the Stigma
Thursday, May 25	12 p.m. Body Image in Adulthood
Friday, May 26	3:30 p.m. Green Space, Mental Medicine

### Mental Health Support Groups

Al-Anon: For those whose lives have been affected by someone else's drinking.

ASCA (Adult Survivors of Child Abuse)

Grief Support Group: Gather to better understand and cope with grief.

Mother's Connect: For mothers to connect with one another.

OCD Support Group: Ongoing group supports for adults 18 and older with OCD

Parent Support Group for OCD: For parents or guardians of children with OCD

Stroke Support Group: Open to patients, family members or caregivers.

For more information or for class schedules and to register, visit [henrymayo.com/classes](http://henrymayo.com/classes).

