

May

2024

Rockin' My Mental Health



Mental Health Awareness Month



WELLNESS • RECOVERY • RESILIENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mental Health Awareness Proclamation April 23, 2024			1 Tulare County Library-Visalia Grab and Go Event 10 am	2	3 My Voice Media Expressions of Wellness & Recovery 5 pm – 8 pm	4 Cinco De Mayo Parade Porterville
5	6	7	8	9	10 Rawhide Baseball Game Mental Health Awareness Night 6:30 pm	11
12	13	14 Porterville Wellness Center Open House 12 pm – 4 pm	15 Open Houses Kings View Tulare 10 am - 2 pm The Source 2 pm – 4 pm	16	17 Woodlake Family Resource Center Adult Senior Mental Health Awareness Resource Fair 12:30 pm – 2:30 pm	18
19	20	21 Visalia Wellness Center Open House 12 pm – 4 pm	22 Visalia Youth Services Open House 12 pm - 5 pm	23	24 Goshen Family Resource Center Open House 9 am – 11 am	25
26	27 Memorial Day	28	29 Porterville Navigation Center Open House 9 am – 12 pm	30	31	

The Arts Consortium presents

FIRST FRIDAY

Explore Your Downtown Art Scene

Expressions of Wellness and Recovery

To celebrate Mental Health Awareness Month, the Arts Consortium will be showcasing art made by the participants of our My Voice Media Center. Our art session facilitators will be present to meet and greet our community and we will feature special performances by our Art of Movement session.

Expressions of Wellness and Recovery will take place on May 3rd from 5-8pm, at 340 E Oak Ave Suite 112.

artsconsortium.org • (559)772-0001 • hello@artsconsortium.org

MENTAL HEALTH AWARENESS NIGHT! FRI. MAY 10TH!

GATES OPEN - 5:30 P.M.
FIRST PITCH - 6:30 P.M.



FIRST 500 FANS WILL RECEIVE A FREE JERSEY



HHSA Mental Health



WELLNESS • RECOVERY • RESILIENCE

GET TICKETS AT VISALIARAWHIDE.COM

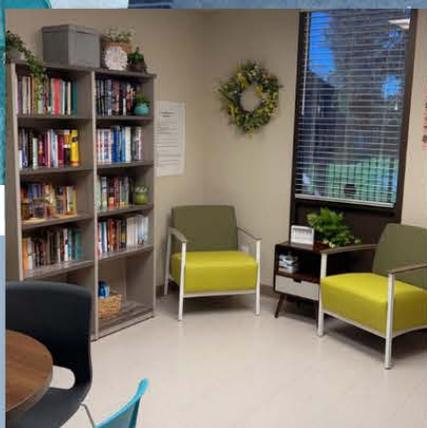
OPEN HOUSE!

📅 Tuesday, May 14th

🕒 12:00-4:00

📍 333 Henderson

Lunch is on us! Come meet our staff and explore The Porterville Wellness Center. Learn more about how we can be of assistance to you, your family member or your organization.



PROVIDING MENTAL HEALTH SUPPORT SERVICES TO 18+

- Teaching Kitchen
- Gardening
- Member Laundry
- Arts & Crafts
- WRAP Groups
- Transportation
- Member Store
- Volunteer Opportunities
- Membership is Free
- Member Computers
- Holiday Parties
- Job Skills



WELLNESS • RECOVERY • RESILIENCE



PORTERVILLE WELLNESS CENTER

333 Henderson Porterville Ca. 93257
559-570-5000





KINGS VIEW

JOIN US

MENTAL HEALTH

AWARENESS EVENT

**KINGS VIEW SOUTH MOBILE
UNIT**

MAY 15th
10:00a-2:00p

**201 N. K St
Tulare, CA 93274**

Activities, food and more!



Mental Health **OPEN HOUSE**

WHERE:

The Source LGBTQ+ Center
109 NW 2nd Ave
Visalia, CA 93291

WHEN:

Wednesday, May 15, 2024
2:00 - 4:00 PM

WHAT:

An opportunity to connect with **free mental health resources** available at The Source and in the community



Woodlake SENIOR ADULT



Mental Health Awareness

RESOURCE FAIR



RESOURCE BOOTHS ABOUT
SERVICES FOR SENIOR CITIZENS



PAN DULCE & REFRESHMENTS,
GAMES, LOTERIA



HHSa
www.tchhsa.org



FRI, MAY 17 | 12:30-2:30PM

Woodlake Community Center
145 N. MAGNOLIA AVE.

FOR MORE INFORMATION CALL: 559-564-5212

Mental Health Awareness Month
VISALIA WELLNESS CENTER
IS HAVING AN

Open House

& YOU'RE INVITED!

Come out to VWC to meet our
staff and create some art

Tuesday, May 21, 2024
12 PM - 4 PM

1223 S. Lovers Lane
Visalia, Ca 93291
(559) 931-1001

