



MENTAL HEALTH AWARENESS MONTH

Let's Hang Loose & Shatter the Silence



HHSA

WELLNESS • RECOVERY • RESILIENCE

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>WOODLAKE</u> FAMILY RESOURCE CENTER MENTAL HEALTH AWARENESS WORKSHOP APRIL 25TH 5PM-7PM	28	29 TULARE COUNTY <u>BOARD OF SUPERVISORS</u> MENTAL HEALTH AWARENESS PROCLAMATION	30	1 KINGS VIEW <u>SOUTH MOBILE UNIT</u> OPEN HOUSE 11AM - 1PM <u>MY VOICE MEDIA</u> OPEN MIC 2 PM - 3PM	2	3
4	5	6 HHSA & <u>WOODLAKE</u> FAMILY RESOURCE CENTER FARMERSVILLE BOYS & GIRLS CLUB 5PM-7PM	7 KINGS VIEW <u>PORTERVILLE</u> NAVIGATION CENTER L.I.N.C. EVENT OPEN HOUSE 9AM - 12PM	8 ACT 2ND ANNUAL WALK/RUN <u>BLAIN PARK</u> 9AM	9 <i>STRIKE OUT STIGMA!</i> MENTAL HEALTH AWARENESS NIGHT <u>RAWHIDE BASEBALL GAME</u> 6:30PM	10
11	12	13 <u>WOODLAKE</u> FAMILY RESOURCE CENTER Let's Taco-Bout Your Feelings 5PM-7PM	14 <u>THE SOURCE</u> OPEN HOUSE 2PM-4PM	15	16 <u>WOODLAKE</u> FAMILY RESOURCE CENTER Evening of Self-Care 5PM-7PM	17
18	19	20 KINGS VIEW <u>VISALIA</u> WELLNESS CENTER OPEN HOUSE 12PM-4PM	21 <u>VISALIA</u> YOUTH SERVICES OPEN HOUSE 1PM-5PM	22	23	24
25	26 MEMORIAL DAY	27 KINGS VIEW <u>PORTERVILLE</u> WELLNESS CENTER OPEN HOUSE 12PM-4PM	28	29	30 31	KINGS VIEW <u>PORTERVILLE ONE STOP</u> OPEN HOUSE JUNE 5TH 10AM - 2PM

PUBLIC EVENTS